

# Parent Guide



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## What is this resource and how do I use it?

Listening to a guided meditation is a great way for children to relax and unwind before bedtime, helping them to drift off into a deep peaceful sleep. It's better to hear a familiar voice to help them to relax and unwind. Simply read this script to your child as they snuggle down in bed.

## What is the focus of this resource?

Meditation

Visualisation

Sleep Support

## Further Ideas and Suggestions

We have a range of meditation and visualisations for both adults and children available in the **Health and Wellbeing** section of our **Parents Hub**. Why not take a look at this Kindness Meditation for Children?

Parents Blog



Parenting Wiki



Parenting Podcast



Parents  
Hub

# SLEEP



## Meditation for Children

Children can sometimes find it hard to sleep at night. They may not like being separated from their caregiver or they may not like the dark. Whatever the reason, hearing the familiar voice of someone they feel safe with reading a guided meditation is a great way to help them relax and drift off into a deep and peaceful sleep. Simply add your child's name, pronouns and description to this editable script. Then either read or record yourself reading it for them in a slow, calm soothing voice.

Would you like me to tell you a bedtime story about a little \_\_\_\_\_ just like you?

This little \_\_\_\_\_ is called \_\_\_\_\_ and \_\_\_\_\_ is one of the cutest children in the whole world.

\_\_\_\_\_ has \_\_\_\_\_ - just like yours and \_\_\_\_\_ has the sweetest smile you ever saw - except when it came to bedtime when \_\_\_\_\_ was just like a grizzly bear.

Whenever Mummy or Daddy put \_\_\_\_\_ into their bed, they would roar like a bear and people could hear them for miles and miles around.

Now, one particular night, \_\_\_\_\_ was getting ready for bed - but little did they know that tonight was going to be very special for them and they would be able to sleep in the dark - all by themselves, without any roaring or upset.

As usual, \_\_\_\_\_ had their bedtime bath, then they brushed their teeth, helped by Mum and Dad, and put some nice clean pyjamas on, ready for bed.

They picked up her favourite teddy bear to take to bed with them and cuddle up to - but, as usual, as soon as \_\_\_\_\_ was in their bed and the light was about to go out, \_\_\_\_\_ started to get upset.

Suddenly, a shining bright light appeared at the window.

Daddy lifted \_\_\_\_\_ out of their bed and they went to the window to see what the bright, shining light could be.

And then, as fast as it came, the light bounced away from the window and moved deep into the garden.

Daddy said to \_\_\_\_\_, "Come on - let's go and discover what that bright, shining light is."

\_\_\_\_\_ put on their fluffy warm dressing gown and went back to their bed to collect Teddy.

They ran downstairs and Daddy opened the front door but it was very dark outside and \_\_\_\_\_ didn't want to go outside.

Daddy assured \_\_\_\_\_ that everything would be okay and told them to take care of Teddy and make sure that he was not scared too.

As they all held hands and walked out into the garden, everything was bathed in golden starlight and looked very magical.

They all smiled and walked into their magical garden, hand in hand.

At first, \_\_\_\_\_ was just a teeny bit worried but very quickly all their worries fell away as they looked at the beautiful garden in awe.

Dancing around the garden were hundreds of butterflies that lit up, showing beautiful colours, glitter bellies glistening and shining wings.

\_\_\_\_\_ saw fluffy bunny rabbits hopping around with a twinkle in their eyes and a rainbow of colours that they could step inside.

When \_\_\_\_\_ and Teddy stepped into the rainbow, they changed colour as well - from red to orange, green to blue and pink to purple.

Pretty flowers with smiley faces that were standing in a row around the garden started to giggle at insert child's name and Teddy so they did a little dance for the flowers.

Then fairies joined in and they all danced together - holding hands as they danced round in a circle - round and round a big spotted toadstool in the middle of the garden that looked like a funny little house.

\_\_\_\_\_ realised that, when it was dark, all sorts of magical things would happen and a fairy tale world would come to life.

Happy green grasshoppers jumped up, doing somersaults in the air. A honeybee drifted lazily from flower to flower and sweet music was playing in the background.

And, all the time they were dancing and playing, they could see, out of the corner of their eyes, a glow from a light at the bottom of the garden that was dancing in tune with them.

\_\_\_\_\_ was having fun in the garden but they started to yawn and soon began to feel very sleepy. But, before going to bed, they wanted to take Teddy to see what the light at the bottom of the garden was.

And, having seen all these wonderful things in the garden, they found the light. It was a magical shining shooting star.

\_\_\_\_\_ and Teddy were drawn to the star. Picking it up, insert child's name could feel butterflies in their belly - a warm feeling of comfort as they held the star close to them and returned to the house to go back to bed.

Snuggling down under her duvet again, the magical shooting star curled up at the bottom of their bed just like a dog or cat does and giggled quietly. Laying in bed, insert child's name could feel the warm light of the star glowing on their toes. Every now and again, the star gave little twinkly giggles as it went to sleep. The warmth from the star made insert child's name's feet feel warm and heavy and comfortable. As they snuggled up in bed, that warm light slowly spread up their legs, making them feel warm and heavy and comfortable - just like they were melting into their bed.

\_\_\_\_\_ felt safe and calm and so relaxed. The light from the star spread up into their tummy filling it with warm golden light and making them feel calm, safe and relaxed. They felt so heavy and so sleepy. The little star giggled again at the end of the bed and the warm light spread into their arms and all the way down to their fingertips so they glowed with beautiful light and felt warm, heavy and comfortable. They felt so safe with their little star and soooo relaxed. They sunk deeper into their comfy warm bed.

Finally, the beautiful golden light spread up into insert child's name's head. It made their jaw feel all relaxed so their mouth opened a little bit and their eyelids felt so heavy and so relaxed that they couldn't even open them if they tried. The warm light filled their head with beautiful dreams full of sparkling rainbows, hopping bunnies, fireflies dancing around and twinkly stars shining down on them as they relaxed, safe and happy, in their bed. They felt comfortable, relaxed and safe. \_\_\_\_\_ felt so happy and so comfy, they relaxed in bed and drifted into a deep, deep sleep.



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