

The Sleepy Train



Sit down in a comfortable position. Let your hands rest on your lap. Close your eyes and make yourself comfortable. Take a big breath in through your nose, and slowly, gently breathe out through your mouth. Try again. Notice how your body feels when you breathe like this. Feel the gentle rhythm of your breath, and the steady beat of your heart. Take another big breath in, feeling the gentle rise of your chest as it moves to the beat of your heart. Softly breathe out, feeling your chest fall again. With each breath, you are becoming more calm, and more relaxed. You are breathing in happy feelings and it's making you feel warm and fuzzy inside.

Keep breathing like this. We are going on an imaginary train journey together. If you are at your desk, and you start to feel sleepy, you might like to rest your head on your arms as we embark on this sleepy train journey together.

Imagine you are walking towards the platform of a train station. The train is parked along the platform, and the doors are open so that people can step on. The engine of the train is stopped while the train driver waits for everyone to arrive. It's a quiet day at the train station, and there aren't too many people around. The carriages of the train stretch away from the engine like a long colourful ribbon, out into the countryside. What colour is the train? Can you see what numbers, or words are written on the train? Can you see the other people getting onto the train? Who is coming on the train with you?

Take a nice deep breath in, and let it out slowly. You are feeling very excited. You can't wait to go on the train! But first you must collect your ticket from the man in the ticket office. He smiles at you as he hands you your ticket, and you hold onto it very tightly. Now you are ready to go on the train.

You walk carefully across the platform. Which door will you choose? Which carriage would you like to sit in? Remember to step very carefully through the door. What can you see? Who can you see? The train is not too busy today, and there are lots of empty seats. Walk carefully down the aisle to your seat, and settle in next to the window. Take a big deep breath. Now you are ready to go on a journey!

There are some other people on the train. Who is coming on this journey with you? What colour are their clothes? Can you see them smiling at you? Look around the carriage. Can you see the man who is reading a book? Can you see the woman who is reading a newspaper? Can you see the children who are colouring in a colouring book? What colours are they using? Now look out the window at the train station. Can you see the train driver coming towards the train? Can you see her hat, and her uniform? She is ready to start the engine any minute now! You hear the conductor shout 'All Aboard!' and the doors of the train start to close. Everyone is sitting on the train. Everyone is ready to go on a journey. Take a nice, big deep breath.

The train starts to gently glide out of the station with a soft chugga-chugga-chugga sound. You feel a warm fuzzy sensation in your tummy. You feel nervous, and excited, and happy. Smile as you breathe in and out. Watch as the train station slowly fades away into the distance, and you see the rolling countryside outside your window. Can you see the cows in the field? What are they doing? Can you see the grass, and the trees, and the sky? Notice how the clouds are drifting across the sky making all sorts of lovely shapes. Breathe in and out. Now you are feeling relaxed and calm.

As the train weaves along the tracks, you see more fields. Each one has different animals in it. Some of the animals are resting. Some of the animals are eating. Some of them are running around. What can you see? Look carefully into each field as it passes by your window.

Now we are coming to a river! That means the train will have to go up, up, up and over the bridge! Look out your window as the train crosses over the wide, blue river. What can you see down below? Can you see the boats? Can you see the people fishing? Can you see the reflection of the train on the water? Everyone near the river is enjoying themselves. Smile and wave at them as you cross over to the other side.

The train is chugging gently through the fields again. The weather is very mild, and you can see the breeze ripple through the trees. It's the most beautiful view you have ever seen. The sun is shining softly on the animals and the people in the fields. You can feel the soft sunlight coming through your window, it feels warm on your face. You smile up at the warm sunshine. When you look up, you notice there is a big bird flying alongside the train, right outside your window! It has long, graceful wings, and big, bright eyes. It has a yellow beak, and brown feathers, speckled with grey and white. It glides along beside you and then swoops out into the countryside to find it's nest. You imagine what it would be like to fly like a bird. Take a big breath in and out as you think about where you would fly to.

The countryside seems to stretch out forever in every direction. As the train chugs along, the daylight starts to

fade and the sun slips behind the clouds. It is evening time, and all the animals are getting ready to go to bed for the night. You can see the lovely colours of the sunset – orange, red and yellow in the sky. You are starting to feel sleepy too. The train feels so relaxing, and everyone is quiet. You feel your eyes starting to feel heavy, so you close them, and rest your head against the window, or on your arms on your table. You are feeling really calm, and relaxed. The vibrations of the train are soothing, and you have a long journey left to go. So rest your head, and take a nice, long deep breath. You are very comfortable, you are very happy, you are very sleepy.

You are breathing peacefully, and easily, relaxing your mind and body. You start to gently fall asleep, knowing that you are safe on this train. Your breath is steady and slow, and your body is heavy and calm. Nothing will disturb you while you sleep. The more rest you get, the more excellent tomorrow will be. Breathe in, breathe out, relax and sleep.

(Pause for a moment)

Now you feel the train starting to slow down, as it arrives into the station. You start to wake up from your rest by opening your eyes, and taking a big, long stretch. Wiggle your fingers, and wiggle your toes. You are happy and refreshed after your sleep on this lovely train journey. Smile softly at the people around you. You have reached your destination. Look out the windows. Where are you now? Take a big, deep breath, and get ready to step off the train.

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