

Woodland Walk



Make yourself comfortable. You can sit on a chair or lie flat. Close your eyes and relax your body. Breathe in gently and hold as you count to 3. Release your breath slowly. As you release your breath feel your body relax. Now breathe in again gently and count to 3. Release your breath and settle into your body. As you continue to breathe gently, let your body relax. Our bodies are always busy so now it's time to let them rest. Continue to breathe in and out and with each breath let all your thoughts leave your mind. Like our bodies, our minds are always busy so now it's time to rest your mind. Continue to breathe in and out.

Now imagine that it is a warm sunny day and the breeze is blowing gently on your body. The warm sunshine and the breeze are calming your body and your mind. You are walking slowly into a woods. The sun is shining through the trees and you can feel it on your body. It feels like the sun is soothing your mind and body and this helps you feel relaxed. The trees are blowing gently in the breeze and you can hear the birds singing around you. Continue to breathe in and out.

Start to look around you. You are surrounded by tall trees. The trees are swaying gently and your body starts to move slowly and calmly with the trees. As you move you feel calm and relaxed. Look around and see if you can see any birds. You can hear them singing and this soothes your mind. Can you see them? Imagine that you see a robin and he's hopping from branch to branch. The sun is shining on him. Look up and see the sun shining down through the trees. Can you feel it warming your body from head to toe? The

warmth of the sun is helping your body and mind relax. Continue to breathe in and out.

Is there anything else you can see? Imagine you see a butterfly flying around you. The butterfly moves calmly and silently. See the butterfly as it lands on some wild flowers that are growing amongst the trees. What colour is the butterfly? If you could touch the wings what would they feel like? The butterfly looks peaceful just like you feel inside. The butterfly is resting on the flowers. Can you smell them? What colour are the flowers? The smell coming from the flowers is sweet and your body is calm and relaxed. Continue to breathe in and out.

Feel the sun warm your body and the breeze soothe your mind. Breathe in and out. Your mind is calm and your body is relaxed. You can come back to the woods any time you need and each time you come here it will calm your mind and relax your body. Start to move slowly out of the woods and continue to breathe. As you leave the woods look behind, see the trees, hear the birds singing, smell the flowers, look at the robin and the butterfly and know that you can come back here anytime. When you are back in your own space reach your arms above your head and stretch your body. Gently open your eyes and when you are ready you can continue with your day.

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