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The Guided Relaxation column is one of the most popular features of our digital magazine. Now you don't have to flip through all of our back issues to find these treasured guided imagery scripts. These peaceful guided relaxation scripts are written especially for Green Child readers by Mellisa Dormoy of ShambalaKids. Her meditation audios help children and teens relieve stress and anxiety ...

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Guided Imagery - Age 6 to 12, Johns Hopkins All Children's Hospital

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It's a great place to start when introducing kids to mindfulness and guided imagery! You definitely need it if you are just starting out teaching kids how to mindfully reflect and picture a calm place.) going on a forest walk; listening to a prairie breeze; watching a desert sunset; a ladybug crawling; fishing on a pond; exploring a big cave

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I also like to stroll on a footpath in a forest or woods in a warm weather month but before or after the worst months for ticks, mosquitoes, and horse flies. Of the forests in which I've strolled, I particularly liked a cedar forest. A guided imagery imaginary forest or beach is next best to a real forest or beach. This hub does it excellently.

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Guided imagery involves envisioning a certain goal to help cope with health problems or the task or skill a child is trying to learn or master. Guided imagery is most often used as a relaxation technique that involves sitting or lying quietly and imagining a favorite, peaceful setting like a beach, meadow or forest. Studies have shown that guided imagery can help the mind and body relax.

Guided Imagery for Kids - CHOC Children's, Orange County

The San Francisco Symphony Kids' Site offers an online radio that provides musical examples of drama, excitement, tragedy and triumph. The musical selections offer a great opportunity to pair visualization and writing. Simply select a station button, have kids listen and visualize, and then draw or write what they "see" in the music. See example >

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