

Children's / Mindfulness
Ages 4–8

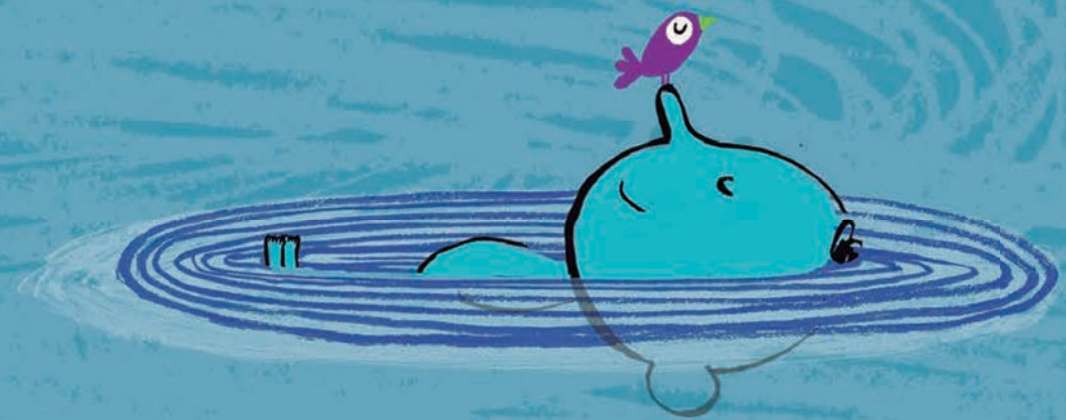
DUCH

RELAXATIONS

MAGINATION PRESS

RELAXATIONS

BIG TOOLS FOR LITTLE WARRIORS



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Imagine that your mind is a huge
movie screen. It is blank, and you can
play whatever movie you'd like.

Do you want to be a piece of spaghetti?
Or a butterfly? Or perhaps a shooting
star that travels through space?

Silence, please.
The movie will now begin.



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How can we help our little warriors
calm down and concentrate?

You may have heard the term
mindfulness, or full attention.
Techniques such as focused breathing,
relaxation, and creative visualization
are used to achieve a state of calm
and concentration.

Creative visualization is the art of using
mental images and affirmations to
produce positive changes in our lives.
It helps to bring to light everything that
we have inside, everything that we can
enhance and improve: confidence,
self-esteem, concentration, intuition,
creativity, and more.

Why not start using these techniques
as children?



HELLO, LITTLE WARRIOR!

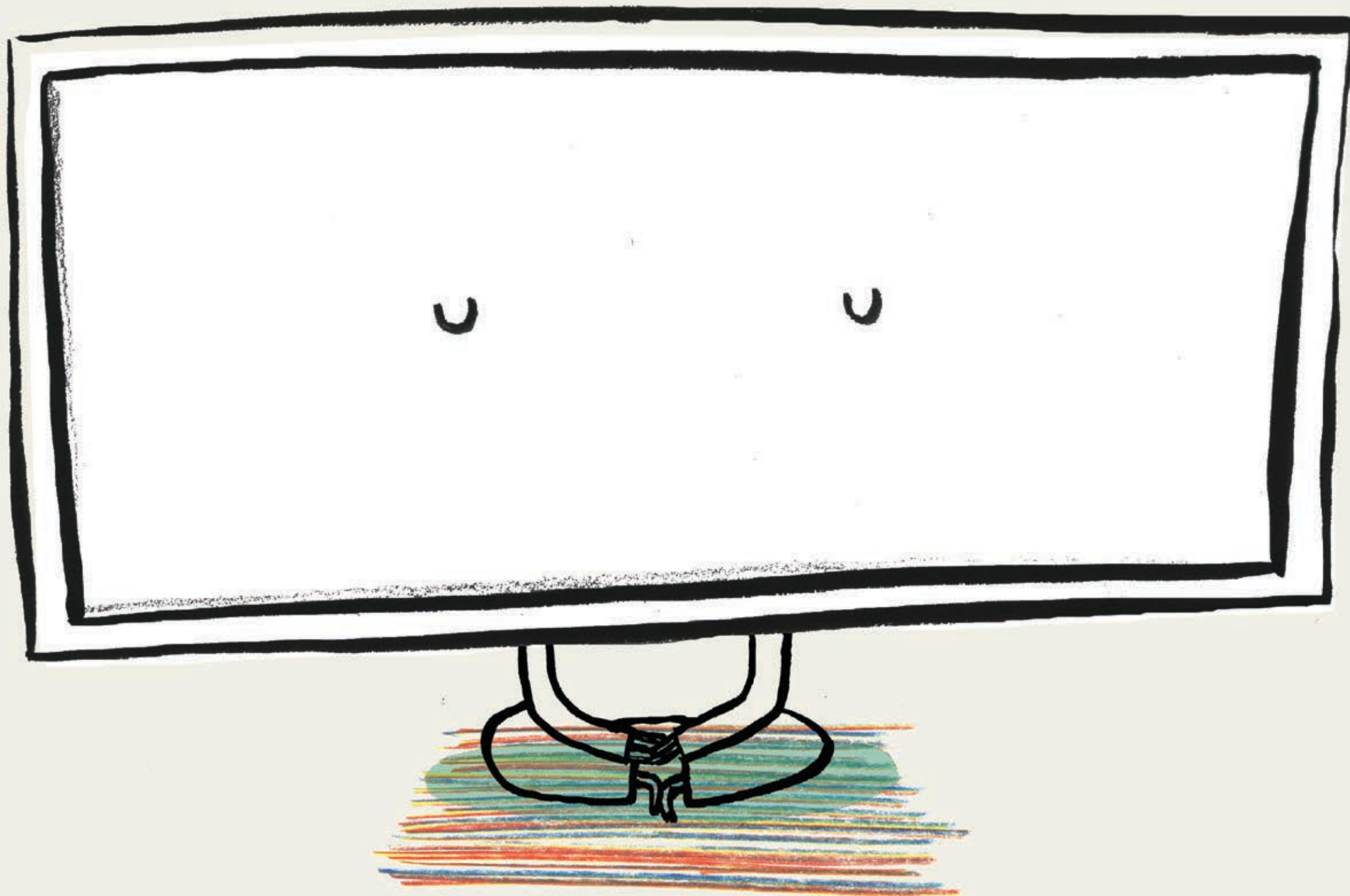
Would you like to play? Imagine that your mind is a huge movie screen. It is blank, and you can project whatever film you'd like onto it. Perhaps you can draw images that frighten you, or pleasant images that give you courage and help to bring out the best in you.

The good thing about this film is that you can go see it whenever you want and plus, it's completely free! You only have to give your imagination free rein and find a place where you feel good, such as at the movie theater.

Find a quiet place, and choose a comfortable position you can maintain for some time without moving: sitting cross-legged with your back straight, or perhaps lying on your back facing up. However you want. Close your eyes, and take three deep breaths.

Be alert, calm, and prepared to visualize your film. Do you want to be a piece of spaghetti? Or a butterfly? Or perhaps a shooting star that travels through space?

Silence, please. The film will now begin.





SPAGHETTI

1

Do you know what spaghetti is?
I'm sure you do. Try to visualize a piece
of uncooked spaghetti. Can you see it?
Well, now imagine that you are that piece
of spaghetti. Your body is stiff...

2

Now imagine yourself going into a pot, or
into a warm swimming pool full of bubbles...
mmmmm...

3

You'll begin feeling your body loosen up,
loosening little by little, just like spaghetti after some
time bobbing up and down in boiling water.

Feel how all parts of your body get looser bit by bit:
your feet, your knees, your legs, your back, your
waist, your chest, your hands, your arms, your neck,
your head...they're all like boiled spaghetti.

4

Now you feel that your body is completely relaxed...

Al dente!

Ready to eat!

