

CHOCOLATE BODY SCAN SCRIPT FOR KIDS

Let's take a little journey with our imagination.

*You can sit or lie down, close your eyes if you'd like, and get comfy.
Now, imagine your body is made of chocolate but right now, it's like a chocolate bar
that has just come out of the fridge.*

That's what our muscles can feel like when they're tight or tense.

Now, imagine the warm sunshine coming out.

Gentle and golden. It begins to shine right on the top of your head.

*As the sunshine touches your head, it starts to melt just a little. Not too much, just
enough to feel soft and warm. Your forehead melts, your cheeks soften, and your
jaw loosens. All the tightness melts like warm chocolate in the sun.*

*The sunshine moves down to your neck and shoulders. Maybe they were a little
tense like a crunchy chocolate shell. But now they melt, melt, melt.*

Your muscles are letting go and relaxing.

*Next, the sunshine slides down your arms. First your upper arms, then your elbows,
your forearms, all the way to your fingers. Any places that feels bunched up.*

Imagine them turning into warm, soft melting chocolate.

*Now the sunshine melts down your chest and back.. As the sun touches them, they
melt... melt... and gone is any tension Just warm, gentle softness.*

*The sunshine moves to your tummy. Feel it melt and relax. Maybe you even take a
deep breath in... and let it out slow...*

*Now your legs! The sunshine reaches your thighs, your knees, your calves. All those
muscles that work so hard. They feel tense at first, but here comes the sunshine
again. Melt... melt... soft, comfy, relaxed.*

*Finally, the sunshine shines on your feet. Imagine your toes are like little chocolate
chips. Melting with relaxation. Wiggle them gently.*

*Take a moment to feel your whole body now, it's so soft and warm. Just like
chocolate that's been gently melted by the sun. Lay in the sun and let it's warm
rays relax your body for a moment longer.*

*Anytime your muscles feel tight or your mind feels busy, you can come back to this
warm chocolate sunshine feeling. Just breathe, melt, and relax*

