

The Worry Tree Meditation

Find a comfortable position, you can lie down and close or cover your eyes with an eye pillow.

Let's take a deep breath in and sigh it out of your mouth. If your body still feels wiggly, shake it out gently, sway your head from side to side, take another deep breath in and sigh it out.

We're going to spend the next couple of minutes going to use our imagination to go on a journey through our minds, so try to stay focused on my voice and keep your eyes closed.

Imagine that you are walking along a path in nature. It's quiet and peaceful, and you feel safe.

You see a huge tree ahead of you. It is so beautiful. Notice how it looks.

Look at it's leaves and branches. The roots deep in the ground.

Notice how it smells.

You touch the bark of the tree and it feels magical. You instantly feel calm.

In your hand, you hold ribbons of different colours. The ribbons represent all the worries, concerns and thoughts that you have in your mind.

You place each ribbon on the tree, tying them on to the branches, knowing that the tree has the power to transform your feelings and thoughts into calmness.

Spend the next few moments placing the ribbons on the tree, melting your emotions away, feeling more and more calm.

[PAUSE FOR 8-10 BREATHS]

It's time to leave the tree. Say thank you in your mind, knowing that you can come back to the tree, any time that you need to change your emotions into calmness.

Take a deep breath in and a long, long breath out.

Start to wiggle your toes and fingers, give yourself a big hug by pulling your knees into your belly and wrapping your arms around your body.

Roll to one side and come back up to sit.



Guidance Tip

After doing the meditation, you can ask children if they would like to discuss, draw or write about their tree