



## Change Your Mind - Children Relaxation Classes

Relaxation Class 8: **Dream Big – ( Imagination Station)**

### Class Materials:

- ❖ Soft background music
- ❖ Yoga mats and blankets
- ❖ Paper, markers, glue
- ❖ (Organic) Cotton balls
- ❖ Colorful Balloons
- ❖ Certificate of Achievement

**DREAM  
BIG**

**Class Objective:** Learn to believe in yourself and that you can accomplish anything!

**Class Structure:** The class includes stretch and movement, lesson, manual activity, relaxation, guided imagery and games.

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**1. Welcome** - Sit or stand in a circle and welcome everyone. Talk about how the children worked on positive relationships over the last week. Put any new affirmations on your affirmation tree together.

**2. Circle Time** – In circle time today, ask everyone to lie back comfortably and listen to the following poem:

I am a fluffy white cloud  
A fluffy, puffy, cotton cloud

A cloud that floats high in the sky  
Like cotton floating lazily by

My days are relaxing and free  
I am who I want to be

I touch the heaven  
I touch the Earth  
I am who I am with so much worth!

Discuss what it would be like to be a cloud floating the sky.

**3. Stretch & Movement Game** – Imagine yourself to be a BIG balloon. Use your arms and create big circles as you inhale deeply and exhale slowly. Fill up your whole body with your breath. Stretch out in all directions. Make full body movements with arms and legs while stretching and pretending to be big balloons, any color they wish. Ask children why they choose a particular color and how that color feels. Sit on the floor and stretch out. Now, walk around the room as a big balloon (with feet spread apart). Try not to bump into others.

**4. Imagination Time** – Today we're going to close our eyes and use our imagination to take us up up and away! (Ask to children to sit or lie with their eyes closed.) In your imagination, imagine you see a huge mountain in front of you. The mountain is very tall and it looks like you may not make it to the top. That is your goal. But you know deep inside that you can achieve whatever you set your mind to. So you begin by putting one foot in front of the other. You begin to walk up this amazing mountain. But what you realize is that just as you begin to put your foot down, there is a special place for your foot that forms... right in front of your very eyes. It's almost like the mountain is helping you... by giving you special places to fit YOUR feet.... you continue walking up the mountain... you see it is covered with grass and the air is cool and crisp. As you begin to climb higher, the grass fades away and it is rocky. But you never doubt that you can make it. You know you can! You are climbing this mountain, just by putting one foot in front of the other. You are going to succeed. You always keep this phrase in your mind because you know that you are successful when you believe you are successful! Now continue climbing and climbing.

You begin to see the top. They call it the peak of the mountain. Perhaps it is because you get to peek out and see everything below. The air is cool and fresh, you feel your lungs expand out and the cool air circulates around in your body and makes you feel so wonderful! You have reached the top just like I knew you would! You are amazing and you can achieve anything you set your mind too. Now that you have succeeded.. lets float back down with a bunch of balloons.. ready? Here comes a HUGE bunch of balloons of all colors just for you! It's your ride home! Reach out and grab onto those balloons, they are waiting for you! You grab them and you begin floating in the air. Your feet have lifted off the mountain and the gentle breeze makes this an amazing ride! You giggle and sway as you ride on the wind. The wind carries you and the balloons for a fantastic ride and then gently, ever so gently sets you on the flat earth again, at home. THAT was a fun ride. And you know now that you can achieve anything you put your mind too. Anything that you can dream of can be yours.

**5. Manual Activity** – Ask each child to draw what they saw in their imagination. What does that mountain represent to them? Then ask them to draw balloons of positivity. Help them to write positive words in each balloon and how that positivity helps them achieve their dreams! (ie Belief, Strength, Happiness, Love, Courage etc). They can glue on cotton balls for clouds.

**6. Relaxation & Guided Imagery** – Begin the script Imagination Station. Put on soft background music for the session.

**7. Affirmations for the week:** I am amazing! I can achieve all my dreams.

**8. Balloons** - This is your last class of the semester. You may wish to hand out blown up balloons (already blown up and held in a bag during the class) to each of your students along with the certificate of achievement.

## Script – Imagination Station

Lay your head down and close your eyes. Breathe in deeply and exhale slowly. Exhale out any stress, tension or tightness you feel in your body. Focus your attention on your neck and allow all the muscles in your neck to become very relaxed... feel the tension melting away..... Now allow all the tiny muscles in your face, your cheeks, your jaw, around your eyes and in your forehead to completely relax. Allow this to happen naturally... allowing it to become very easy and quick, the more you practice. Notice and relax your entire scalp.... Allow any tension to float away. Feel the lightness and relaxation coming over your entire scalp, face, jaw, neck and entire head area. Now allow this relaxation to flow down your entire body. Feel as it flows down your shoulders relaxing them and melting away any tension, stress or anger you hold there. Feel the relaxation flow down your entire body. Feel how limp, relaxed and comfortable you become.

All it takes to relax your body completely is you wanting it to happen. You control your body and mind, and so you allow the relaxation to come into your entire body. It feels wonderful, and you feel warm and comfortable all over.

Now, imagine in your mind a special room. This is your special creation room, painted in your very favorite color. Your special room contains a big table, called the imagination station.... with all kinds of knobs and gadgets to turn and twist. If you look closely, you can see that each knob is dedicated to a special part of you...Choose one knob that says Your favorite hobby. Look at it very closely now.

Turn the knob now to the ON position, and see yourself doing your most favorite thing! There you are, enjoying it! You look so happy! Enjoy it for a moment while I am quiet. (10 second silence)

Now, look at a different knob, the one that says spending time with my favorite person. Turn the knob to ON and imagine yourself totally enjoy special time with someone you love so much! It's so amazing and it makes you feel so good in your heart. Just enjoy this... do whatever you love with that special person... or take a walk in the park... whatever you want to imagine.. this is your special time. I will be quiet for a moment and you can enjoy your favorite thing! (10 second silence)

Very good. Now another magical thing about your imagination station is you can also imagine the future! Look now and see the knobs that say possible futures... do you see it? Imagine them there and they are! Now, whatever you've been dreaming about... see that on one of the knobs and turn it to the ON position. Now imagine what you've been dreaming about becomes true... how do you feel? Use all your senses to experience what it would be like – can you smell it? Taste it? Touch it? See it? Hear all the sounds that go with it? (pause) Are you happy? Are you enjoying it? How do others around you feel?

Wonderful! You've done a great job! Using your imagination is a wonderful gift. You can use it to imagine the possibilities in your life and know that you can achieve anything you really put your mind to. I believe in you. You must believe in yourself too! You really achieve your dreams. Achieving a dream is as simple as putting one foot in front on the other. Plan the path to your dream and start working towards it. It will be a fun and magical journey. Use time everyday to work towards your dreams and always use your imagination to make it great. Imagine wonderful things in your life and you will see how many wonderful things actually come into your life.

Now when you're ready.... take in a deep breath. Open your eyes and give you wonderful body a big wonderful stretch! You've done a great job!