

For Ages 6-8

Lost in a Forest

- **Preparation:** Have the child sit comfortably and close their eyes.
- **Story:** "Now you're sitting under a large tree with green leaves. Sunlight filters through the branches and touches your face. You hear the chirping of birds and feel the breeze moving the leaves. The roots of the trees are firmly grounded in the soil. You too are connected to the ground like a tree, feeling very peaceful. Now stand up and start walking slowly through the forest. Observe the trees, flowers, and insects around you. Suddenly, you come across a small stream. Listen to the sound of the flowing water and feel the coolness as you dip your hands in. Now slowly return and sit back under your tree. You can open your eyes."

Magical Forest Walk

- **Preparation:** Have the child sit comfortably and close their eyes.
- **Story:** "Now you are walking in a large, magical forest. The trees are very tall, and their leaves are bright green. As you walk in the forest, you hear the rustling of fallen leaves beneath your feet. Sit down under a tree and listen to the sounds of the birds around you. Suddenly, a small rabbit appears in front of you. Follow it and see where it goes. Maybe it will lead you to a magical cave or a field of flowers. After spending some time with the rabbit, it's time to return. You slowly leave the forest and can open your eyes."

Underwater Exploration

- **Preparation:** Have the child sit comfortably and close their eyes.
- **Story:** "Now you're in a submarine, descending into the depths of the ocean. Around you are colorful corals and different fish. Maybe you see an octopus or a seahorse. Your submarine is slowly exploring the depths of the sea. Listen to the silence underwater. You find a cave and enter it. What's inside? Perhaps glowing stones, or maybe a small treasure. Now you're slowly leaving the cave and returning to the surface. You can open your eyes."

Magic Carpet Ride

- **Preparation:** Have the child sit comfortably and close their eyes.
- **Story:** "Now you're on a magic carpet. This carpet is flying you through the sky, over mountains and seas. You're watching the villages, fields, and forests below. Your carpet climbs high mountains and hovers over blue lakes. Now you're slowly descending toward the ground. You get off the carpet and feel the warmth of the earth under your feet. You can open your eyes."

Dance of the Flowers

- **Preparation:** Have the child sit comfortably and close their eyes.
- **Story:** "Now imagine yourself in a big flower field. The flowers are dancing in the wind. Each one is a different color, and they are all beautiful. Would you like to join them? You sway and dance with the wind. You can smell the flowers and feel the cool breeze on your skin. When the dance is over, you slowly return to your spot and leave the field. You can open your eyes."

Space Adventure

- **Story:** "Now we are boarding a magical spaceship. Our ship is taking us on a journey through colorful stars. Look, that star is so bright! Now we are gliding on soft clouds. Below, we see a small, blue planet. This is our planet, Earth! Our ship slowly descends to Earth. Now we are sitting on a green meadow. The sun warms our faces. Let's close our eyes and take a deep breath. Breathe in the fresh air through your nose and slowly blow it out through your mouth. Listen to the birds chirping. Feel the wind gently brushing your hair. We feel very happy. Let's take a moment to enjoy this beautiful view. Now we can slowly open our eyes."

Ancient Pyramid Exploration

- **Story:** "Now you're in ancient Egypt, standing next to a large sand dune. The sun is hot, and the sand is golden. Suddenly, you find a hidden door in the sand. You open the door and see a tunnel with colorful wall paintings. As you walk through the tunnel, the pictures on the walls tell you a story. What animals do you see? What colors? The tunnel leads you to a big room. In the middle of the room, there's a glowing treasure chest. What do you find when you open the chest? Beautiful toys, sweets, or maybe a magic wand? Now it's time to return. You can run and play on the sunny sand dunes."

Tour of a Future City

- **Story:** "Now imagine yourself in the future, in a city with tall buildings and flying cars. The skyscrapers reach up to the sky, and the air is filled with glowing neon lights. On the ground, there are robots walking around, and in the sky, drones are gliding by. You slowly walk into a park. The park is filled with futuristic plants and trees. Maybe you see flowers in bright, neon colors. What plants do you discover? You sit on a bench and listen to the sounds of the city. The soft hum of flying cars, the distant chatter of people, and the mix of nature. Now you slowly leave this amazing city behind and return. You can open your eyes."

Mind Calming Meditation

- **Story:** "Now imagine yourself on a calm, peaceful beach. The waves of the sea gently lap against the shore. You're walking barefoot on the sand and feel its softness under your feet. As the sun slowly sets, the sky turns orange and pink. Now, take a deep breath and inhale the refreshing scent of the sea. You feel filled with positive energy, and your mind is at peace. Negative thoughts slowly drift away with the waves. You feel light and happy. Keeping this feeling of peace inside, you slowly return. You can open your eyes."