

The Melt Away

Tension can just melt away through the focus of our thoughts. The *Melt Away* is a visualization that can help kids release muscle tension and relax in the moment. It's a quick tool that can be used anywhere to help kids get re-connected with their bodies to feel more relaxed.

Here are the instructions to read to your child:

1. Close your eyes and breathe deeply. Take two deep breaths, inhaling to the count of 5, exhaling to the count of 5. *Pause*
2. Now begin with your toes. Imagine that a big sun is shining over your toes, melting away any tension. Allow the tension to melt and sink into the floor, just like melting snow or melting butter. Feel how warm and relaxed your toes feel. Just allow yourself to relax in the light. Breathe.
3. Repeat the visualization by reading step two over and over while focusing on each body part: legs, arms, hands, shoulders, back, neck and head. Keep going until you have addressed every body part.
4. Completion: Now that you have melted away any tension or tight places in your body, just allow your whole body to melt into the floor. Feel the floor beneath you holding you. Imagine that the big sun above you is shining a brilliant golden light over all of your body and allow that warm light to touch every part of your body. Breathe. *Pause to allow your child to rest in the calm moment.* Now gently begin to rock your body back and forth. Really small mini movement. Wiggle your toes and your fingers. Take a deep breath and get ready to open your eyes. Place your hands gently over your eyes. You can open your eyes when you are ready and allow your hands to drop away.

This tool is particularly useful if you have one particular body part that is feeling tense and needs to relax. For example, for headaches, you might want to use *The Melt Away* to focus on relaxing the neck and face muscles.