

The Magic Shell Meditation

This script is for younger children and can help when worry and anxiety are a concern. (From *Meditations for Mini's* by Debbie Wildi):



Place yourself in a comfy, cozy position. Close your eyes and take a long slow deep breath. As you breathe out relax your body.

Imagine that you are standing on a beach. See the beach in your mind. Think about a beach that you may have visited, or you could use an imaginary beach if you like.

You can feel the sand beneath your toes and the sun is warm on your face. Look around you. In front of you is a huge ocean. It looks a silvery-blue colour and the sunlight sparkles like tiny stars dancing on the surface.

You look at the ground and in front of you in the sand is the most glorious shell you have ever seen. You pick it up. It feels warm. Notice how smooth the shell is. Feel it with your fingers. This is your magic shell.

You can tell it your secrets and it will keep them. You can also tell your shell any worries that you may have. Tell it about any problems that may be troubling you at the moment. No matter how big or how small they are. The shell wants to hear them.

Whenever you have worried feelings you can tell your shell about them and it will magically take those horrid feelings and turn them into good ones.

Now see yourself holding the shell close to your mouth. In your mind silently tell it whatever you wish. No one else will know what you say. Only you and your shell! As you say your words they go right into the middle of the shell so that it can take them away for you. Tell your shell your worries right now....

Now you do not have to feel yucky feelings anymore. The shell has made them disappear. Just like magic!

They are gone!

As you hold your shell close all you feel is calm and happiness. You feel peaceful all the way from the tips of your toes, to the tip of your nose. Feel it right now. Notice how it feels.

It is important for you to know that you can imagine your shell whenever you wish to make yucky thoughts and feelings disappear, whenever you wish to feel calm. Your shell will always be there waiting in your imagination.

FIM CAMH Award Module 3: Working with Anxiety

Of course, if you visit the seaside you can always look for your own real magic shell. How will you know it is magic? Just choose the shell that feels right for you, this will be the magic one. You can also use a magic stone if you like.

Find one of these in your garden, or in the street.

Here is an idea! Keep your magic shell or stone under your pillow to take away bad dreams and always bring you a peaceful sleep.

Perfect!”