



Guided meditation: Magical journey for Halloween

Introduction

Hello, friends! Get comfy and take a moment to relax. You can listen to the story we're going to tell or just pay attention to your breathing. If you like, you can close your eyes. Let's take a big inhale together... and a big exhale.

Visualisation

Imagine you're in a magical garden filled with pumpkins. Look at how they shine under the moonlight! Some are big, some are small, and they all have happy smiles.

Now, picture yourself as a little Halloween creature, like a friendly ghost or a cute little monster. You float in the air, feeling the cool breeze on your face.

Listen:

Can you hear the soft sounds around you? The leaves are rustling, the owls are hooting, and the pumpkins are giggling! Feel the magic of this special night—anything can happen!

Think of Something Nice:

Let's take a moment to think about all the fun things we love about Halloween: the yummy candies, the fun costumes, and laughing with our friends. Let's say a little "thank you" in our heads for all these wonderful things.

Conclusion

Now it's time to return. Take one last deep breath. Inhale... and exhale. If your eyes are closed, you can open them now! Great job! You took time to relax and focus by practicing mindfulness through this meditation. Now you're ready to continue with your day.

See you soon!