

## Floating thoughts – Activity for parents and carers

Below is a selection of guided thoughts / imagery scripts for you to read to your young person or child. This activity uses imagination to help relieve worry and anxious thoughts. The guided thoughts / imagery scripts below are based around being on a beach, in a forest or in a safe space. If these do not feel right, together you can create a new script based on your child's 'happy place'!

Remember to read through these slowly and calmly, it is okay to put pauses in to let your child or young person 'be in the moment'.

> The aim of these exercises is to help your child / young person feel more relaxed and have less cluttered thoughts

### 1 THE BEACH

*'Sometimes our mind can get full. When this happens and it feels overwhelming, we need a way to clear our heads. I want you to imagine you are somewhere peaceful. Imagine you are at the beach. Now take a moment to breathe in... 1,2,3 ... and out... 1,2,3,4,5... allowing yourself to be fully present in this moment.'*

*As we are imagining our peaceful environment, I want you to picture a few things. Spend some time imagining your beach using all of your senses. What can you hear? What can you see? What can you smell, taste or feel?*

*On the beach, I want you to focus on the waves coming in and out. If your mind starts to wander that's OK, acknowledge that thought for what it is and then come back to focusing on the waves. As thoughts come to you, I want you to place them on a wave and then watch as they get pulled into the ocean and out of your mind. Just spend a few moments allowing thoughts to come into your mind, recognizing them for what they are but then allowing those thoughts to float away. When you feel ready bring yourself slowly back to the present moment.'*

### 2 THE FOREST

*'Sometimes our mind can get full. When this happens and it feels overwhelming, we need a way to clear our heads. I want you to imagine you are somewhere peaceful. For you this might be a forest. Now take a moment to breathe in... 1,2,3 ... and out... 1,2,3,4,5... allowing yourself to be fully present in this moment.'*

*As we are imagining our peaceful environment, I want you to picture a few things. Spend some time imagining your forest using all your senses. What can you hear? What can you see? What can you smell, taste or feel?*

*In the forest, I want you to picture a small stream flowing in front of you. If your mind starts to wander, that's OK, acknowledge that thought for what it is and then come back to focusing on the stream and the trees around you. As thoughts come to you, I want you to place them on a leaf in the forest and then put that leaf in the stream. Watch it float down the stream and out of sight. Just spend a few moments allowing thoughts to come into your mind, recognising them for what they are, but then allowing those thoughts to float away. When you feel ready, bring yourself back to the present moment.'*





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YOU'VE  
BEEN  
MISSED

### 3 CLOUDS

*'Sometimes our mind can get full. When this happens and it feels overwhelming, we need a way to clear our heads. I want you to imagine you are somewhere peaceful. Imagine you are in a field or open space but lying down and watching the clouds. Maybe even a place you feel safe indoors looking out a window. Now take a moment to breathe in... 1,2,3 ... and out... 1,2,3,4,5... allowing yourself to be fully present in this moment.'*

*As we are imagining our peaceful environment, I want you to picture a few things. Spend some time imagining your field or safe space, using all of your senses. What can you hear? What can you see? What can you smell, taste or feel?*

*In your field, or safe space, I want you to imagine the clouds as they go past. If your mind starts to wander that's OK, acknowledge that thought for what it is and then come back to focusing on the clouds. As these thoughts come to you place each one onto a cloud and then watch as the wind blows them away.*

*Just spend a few moments allowing thoughts to come into your mind, recognizing them for what they are but then allowing those thoughts to float away. When you feel ready, bring yourself slowly back to the present moment.'*

Inspired and adapted from NHS mindfulness activity.

For more activities, please check out #youvebeenmissed on the BWC website: <https://bwc.nhs.uk/youve-been-missed>