

## butterfly body scan

With help from an imaginary butterfly, we move our attention from one part of our body to another.

LIFE SKILLS



DURATION 3 minutes or more

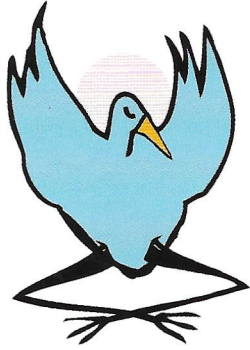
SUPPLIES Optional: stuffed animal or pillow and/or yoga mat or blanket to lie on

AGE All ages

### LEADING THE GAME

1. Sit or lie down comfortably with your eyes closed. Breathe naturally, noticing how it feels to breathe in and out.
2. Now imagine a butterfly that's as light as a feather. It can be any color you like. Take a moment and picture the butterfly in your mind.
3. Imagine your butterfly is hovering nearby. We're going to pretend that the magic butterfly rests on different parts of our body, and when it lands, that part of our body feels relaxed and pleasant.
4. Let's start with our foreheads. Imagine your forehead relaxes when the butterfly rests on it.
5. Imagine the butterfly moves from your forehead to one of your shoulders. Your shoulder relaxes while the butterfly rests on it. *Continue with the image of the butterfly resting on different parts of the body.*

6. Now, relax your whole body and rest, feeling the rhythm of your breathing.
7. When you're ready, sit up slowly and reach your hands to the sky. Take a deep breath in and lower your arms as you breathe out.



#### TIPS

1. Body scans can be practiced with children seated, standing, or lying down.
2. The length of the scan can vary depending on how much time you have and how comfortable the children are being still.
3. The children can use the image of any favorite creature or fanciful object—a frog or magic globe, for example—for this body scan.