

Creative Relaxation: Princess Story

Here is an example of a nice story that works well for relaxation.

There was a princess who lived in a big castle. She decided it was a nice day to walk down the beach. She was very quiet because she did not want to wake the queen and king who were sleeping in their beds. She tiptoed down her stairs and got her coat. "What color was her coat"- don't tell me, just think about it in your imagination.

When she got outside she saw a beautiful red bird up in a tree. Close your eyes. Can you see the red bird?

She tiptoed through the forest, careful not to wake any of the other animals. She saw a green frog laying on his lily pad. Can you see the green frog?

The princess got to the beach and she took off her shoes. She put her feet in the sand. Can you feel your feet in the sand?

The princess tiptoed to the water. She put her foot in the water. Do you think it was hot or cold? Close your eyes and see if you can feel the water on your feet.

The princess waved good-bye to the beach and put on her shoes. She walked back into the forest. She passed the green frog, then she passed the red bird.

She went inside, hung up her jacket, and slowly tiptoed up the stairs. There were 10 stairs. I'm going to count to 10 and you have until I get to 10 to slowly come to sit up. (You can demonstrate how to get up slowly as you count).

Afterwards you can discuss with children how relaxation makes them feel.

