Visualization Tools

Guide your child into a relaxed space. Find a comfortable position with few distractions. Take a few deep breaths together and explain that you’re both going to use your imagination to “say goodbye to worries.” Ask him to close his eyes and look inside his body for any place that a worry might be. See if he can find where the worry is. Ask him to describe what it looks like.

**ROCK**

Transform the worry into a rock. Get a helicopter to drop the worry into an active volcano that will melt the worry and send it shooting far into the air as lava that runs slowly far away into the ocean. Repeat the process until all the worries have been transformed.

**BUBBLE**

Put the worry into a bubble and send it off into space. When it has floated very far away, pop the bubble. Watch the worry vanish.

**WORRY SOAP**

Place the worry on your hand. Get a giant bottle of neon, sparkly worry soap and squirt the soap all over your hand, making foamy expanding bubbles. Scrub, scrub, scrub those bubbles. Add a blast spray of water, washing the worry away down the drain.

**ROCKET SHIP**

Put your worries in a rocket ship and blast it off to outer space. Send the worries up, up, up to be transported to another galaxy far, far away. Allow the rocket ship to have an infinite supply of fuel so that it can travel light years away.

After each of these, do an internal body scan in your imagination and see if there’s any worry left. Ask your child to check in with that initial spot and see if it has changed in any way. If there is still worry in the spot, then repeat the process until there is no worry left.

Source: http://kidsrelaxation.com/2012/02/27/7-visualization-tools-for-releasing-worry/