

## Friend Meditation

Imagine you are walking in a magical forest. It is so beautiful here, Have a look around you? What do you see? What can you hear? What can you touch? What can you smell or taste? Take some time to explore the forest. You see an animal in the distance hiding behind a tree you walk gently towards it, not wanting to scare it. What kind of animal is it?

You are surprised when the animal begins to talk. It has a soft and gentle voice. Hello, it says, I am your special animal friend. Your animal friend asks you to tell them all about yourself. You tell your animal friend about your life, about the things that make you feel happy and about your favourite people. Your animal friend asks you if you have any worries, they tell you that it is really important to talk about your worries and not to keep them inside. They say if you keep your worries inside and you keep thinking of them they might grow and grow. You tell your animal friend about any worries you have and you feel so much better. Your friend tells you to think of a grown up in your life who you really love and trust, they tell you to talk to this person about your worries too! Now, your friend tells you he has a special message just for you, listen very carefully to hear the message, it is the perfect message for you!

Now it's time to say goodbye to your friend. They tell you that they are always there for you, you only have to imagine them and they remind you to always speak to an adult you love and trust about anything that's bothering you.

Notice how you feel now after speaking to your animal friend. How does your head feel, how does your heart feel and how does your tummy feel? Keep noticing until you hear the sound of the bells.

