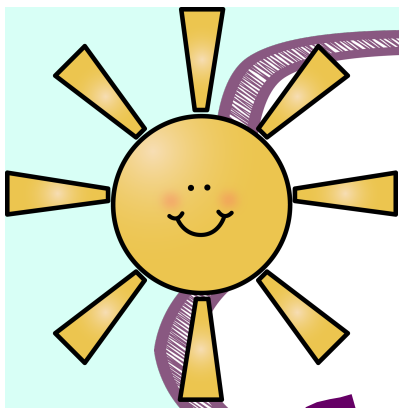
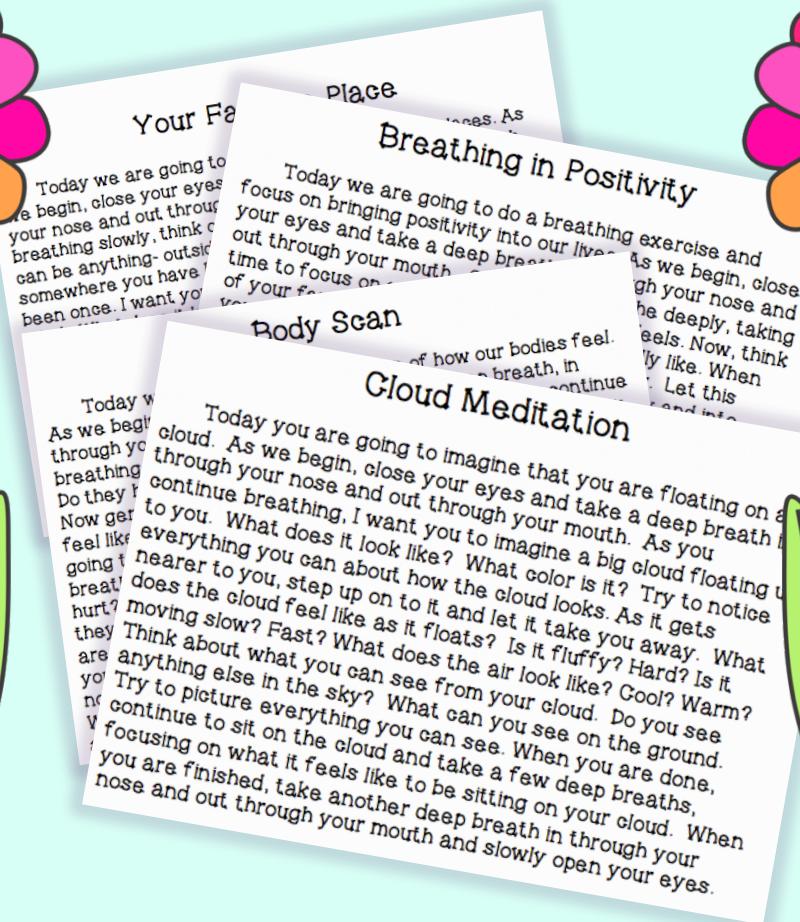




Mindful Mornings

30 Guided Meditation Scripts



Thank You!

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About CounselorChelsey:

Hello! I am a licensed social worker with experience as a school based counselor, working in a mentorship program for teens, and am now a curriculum developer. My favorite part of my work has always been developing high quality resources for students to use. Since becoming a curriculum developer, I have loved being able to impact thousands of classrooms around the world!

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Instructor's Guide

How To Use:

- To use these scripts, have your students sit in a comfortable position on the floor or in their seat. Explain to the students that you will be reading through the script and that they need to follow along with the prompts. Explain that this is a time of calming and that they need to be silent so that they can hear what you are saying.
- Each time you read a script to your students, remind them that if their minds begin to drift, to gently guide their attention back to listening to what you are saying. It is normal to have to re-focus your thoughts several times during each exercise, but it is important for kids to do so!
- Another great idea for using these scripts is to record yourself reading through them and then play the recording to your class. This will allow you to participate and model appropriate behaviors to your students!

When To Use:

You can use these scripts in any order, or at any time of the day. Mornings are typically a good time to use these to help kids prepare their focus for the school day. However, they could also be used after lunch, at the end of the day, or whenever your class needs a little re-focusing! These scripts are also great to read during the morning announcements at your school to help your students get ready to start the day!

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What's Around Me?

Today, we are going to practice noticing what is around us. To begin, keep your eyes open and take a deep breath in through your nose and out through your mouth. Now, try to notice three new things in the room that you have never noticed before. Once you have noticed three new things, choose one to really focus on. Try to notice everything you can about the thing you have chosen. What does it look like? What do you think it would feel like? Where is it located in the room? If you get distracted by other things in the room, gently move your focus back to the item you have chosen. Imagine that you are describing it to a person who can't see it. What would you tell them? When you are finished, take a deep breath in through your nose and out through your mouth.

I Can See The Rainbow

Today, we are going to practice noticing the colors that are around us. To begin, keep your eyes open and take a deep breath in through your nose and out through your mouth. Now, find something in the room that is red. Really look at it. How would you describe what the color looks like? What shade of red is it? When you are finished, search for something that is orange. What do you notice about the color orange? Next, find something that is yellow. Is it light yellow? Bright yellow? Dark yellow? Now, move on to finding something that is green. What shade of green is it? How would you describe it to a person who has never seen the color green before? Now, slowly shift your attention to something that is blue. What type of blue is it? Is it a bright blue? A light blue? A dark blue? Lastly, find something that is purple. Notice everything that you can about that shade of purple. How does that shade of purple make you feel? Now, close your eyes and visualize your favorite color that you observed. Notice how you are feeling. As you are doing this, take a deep breath in through your nose and out through your mouth and then slowly open your eyes.

Noticing With Your Senses

Today we are going to focus on what is going on around us. We are going to start with our eyes open this time. Take a deep breath in through your nose and out through your mouth. We are first going to focus on finding at least five things that we can see. I want you to really notice the things around you without turning your head. Just stay still where you are, and look with your eyes. Look closely, do you notice anything you have looked over before? Now it is time for us to close our eyes. Take another deep breath in through your nose and out through your mouth, and begin to focus on what you can feel. Can you feel the desk or table? What does it feel like? Is it warm or cold? Hard or soft? Can you feel the seat you are sitting in? Your clothes touching your body? Your hair on your shoulders? Focus on noticing things that you don't typically notice. Try to notice at least five things. Now we are going to focus on the things that we can hear. This may be a little difficult, but keep listening and focusing on what you can hear. Can you hear anything in the hallway? Can you hear the air conditioning or the heater? Do you notice anything you have not noticed before? Try to find five things that you can hear. When you are ready, take a deep breath in through your nose and out through your mouth and slowly open your eyes.

What I Can Feel

Today, we are going to focus on the things we can feel. To begin, close your eyes and breathe in through your nose and out through your mouth. First, bring your focus to your feet. What can you feel on your feet? Can you feel your shoes or socks? Can you feel the floor? What do these things feel like? Next, gently move your focus up to your legs. What can you feel on your legs? Your pants? The chair? Try to notice everything you can feel on your legs. Now, move your focus to your stomach. What can you feel there? Your clothes? The desk? The chair? What do they feel like? Next, move your focus to your arms. What can you feel on your arms? Try to notice as many things as you can. What do they feel like? Next, bring your focus to your head and face. What can you feel there? Is there anything else on your body that you can feel? Try to notice everything that you can. When you are finished, take another deep breath and open your eyes.

Mindfulness with Candy

Today we are going to take some time to really focus on something we do a lot, eating a piece of candy. We are going to go very slow and are going to try to notice things we don't normally notice. Everyone please pick up your Hershey's kiss. Look at it carefully, is there anything you notice about the way it looks? About the way it is wrapped? Place it in the palm of your hand. Notice its weight. Is it heavier or lighter than what you expected? Now, unwrap the candy slowly. Listen to the way it sounds as it is being unwrapped. Really focus on noticing things about the wrapper that you have never noticed before. Once you get the wrapper off, look at the candy. Is there anything you notice about how it looks? How does it feel on your skin? Is it warm or cold? Smooth? Now, slowly put it in your mouth and really focus on how it tastes. What does the texture feel like? What does the flavor taste like? What did you notice about the Hershey kiss that you have never noticed before?

****I usually use a Hershey's kiss, but this can be done with Smarties, Starbursts, any other individually wrapped candy!****

Body Scan

Today we will be doing a quick scan of how our bodies feel. As we begin, close your eyes and take one deep breath, in through your nose and out through your mouth. As you continue breathing, focus on your feet. What do your feet feel like today? Do they hurt? Can you feel your socks or shoes on your feet? Now gently shift your attention to your legs. What do your legs feel like? Can you feel them touching anything? We are now going to move slowly up to our bellies. Can you feel your breathing in your belly? Does your belly feel good or does it hurt? When you are ready, begin to focus on your arms. Do they feel heavy or light? Can you feel the desk or table they are resting on? Now, shift the focus to your face. Try to relax your face and focus on your breath coming in and out of your nose. Do you notice anything about what your head feels like? When you are finished, take a deep breath, in through you nose and out through your mouth and slowly open your eyes.

How Are You Feeling?

Today we are going to focus on how we are feeling. As we begin, close your eyes and take a deep breath in through your nose and out through your mouth. Continue breathing as you focus on the way your body feels physically. Are you in any pain or discomfort? Is a part of your body cold or hot? What does your body feel like? When you are finished, gently shift your focus to the way your mind is feeling. Are you tired, anxious, content, etc.? How do you know? What is making you feel this way? Do you need to do something to change how you are feeling either physically or emotionally? When you are finished, take a deep breath in through your nose and out through your mouth and slowly open your eyes.

Reflecting on Joy

Today we are going to focus on something in our lives that has made us happy. As we begin, please close your eyes and take a deep breath in through your nose and out through your mouth. Continue breathing and imagine a time in your life when you felt happy. Try to create the image in your mind. Who was there? What was happening? Try to focus on how your body and your mind were feeling at the time. Try to let your body rest as you focus on that happy time. Now, gently shift your attention to things that can bring you joy today. How will these things bring you joy and how will that feel? When you are finished, take a deep breath in through your nose and out through your mouth and slowly open your eyes.

What Are You Excited For?

Today, we are going to focus on something that we are looking forward to. As we begin, please close your eyes and take a deep breath in through your nose and out through your mouth. As you continue breathing, take some time to think about something you are excited for. This can be something that will happen later today, next week or even next year! Picture whatever it is. What will it look like? Who will be there? Really try to picture the scene and notice everything about it. Now, gently shift your focus to how you will be feeling. What will your body and mind feel like when you are there? Really focus all of your energy on what it will be like. When you are finished, take a deep breath in through your nose and out through your mouth and slowly open your eyes.

Staying Focused

Today we are going to really try to focus on our breathing and to practice letting our thoughts just flow in and out. As we begin, close your eyes and take a deep breath in through your nose and out through your mouth. As you continue breathing, I want you to focus on one thing you can hear or feel. I want you to spend the next two minutes focused only on this. If you find that your thoughts wander, just gently direct them back to what you are focused on. It is normal to have wondering thoughts, just simply acknowledge that they are there, and re-focus yourself. Continue to keep breathing and staying focused on what you chose. When you are finished, take a deep breath in through your nose and out through your mouth and slowly open your eyes.

Feeling Calm

Today, we are going to reflect on being calm. To begin, close your eyes and take a deep breath in through your nose and out through your mouth. Now, I want you to think about the word "calm." What does it mean to you to be calm? What does it feel like when you are calm? How would you describe the experience of being calm to someone who has never been calm before? Now, I want you to think about a place that makes you feel calm. What about this place makes you feel calm? Is it the way it feels? Smells? Sounds? Next, I want you to think of a person who makes you feel calm. It can be someone from school, from home or somewhere else. What about this person makes you feel calm? Now, I want you to think about something that you do that makes you feel calm. What about it makes you feel calm? Lastly, think about a wave of calmness coming over your body right now. Let the calmness sink into your body. When you are finished, take a deep breath in through your nose and out through your mouth and slowly open your eyes.

I Am Thankful

Today, we are going to focus on what we have to be thankful for. To begin, close your eyes and take a deep breath in through your nose and out through your mouth. Now, slowly bring your focus to someone who brings you joy – someone you are thankful for. It can be a friend, a family member, or someone else that you know. Think about what you like about this person. Why are you thankful for him or her? Notice how you are feeling when you think about this person. What does it feel like to be thankful? Now, try to come up with five more things that you are thankful for. Continue to notice your feelings. How can you keep this feeling of thankfulness throughout the day? How can you remind yourself to be more thankful? When you are finished, take another deep breath and slowly open your eyes.

When I Felt Special

Today we are going to think about a time that someone made us feel special. As we begin, close your eyes and take a deep breath in through your nose and out through your mouth. As you continue breathing, think of a time that someone made you feel special. What did they do to make you feel special? Where were you? Visualize it in your mind. How did you feel after that? How did that affect the rest of your day? Now, I want you to think about how you can make someone else feel special today. How can you give someone else the same feeling that someone gave you? What can you do? What will it look like? Picture it in your mind. When you are finished, take a deep breath in through your nose and out through your mouth and open your eyes slowly.

What I Like About Me

Today we are going to focus on what we like best about ourselves. As we begin, close your eyes and take a deep breath in through your nose and out through your mouth. Think about yourself, and what you like about you. Try to choose one characteristic, not a physical trait, but something about your character. Focus on that one characteristic, and think about why you like this about yourself? Think about how this characteristic has helped you to become successful. Now, focus on how you can use this characteristic today. How can you use it to lead you and others to success? How can you work on making this characteristic even stronger? What choices can you make to help yourself get stronger at this? When you are finished, take a deep breath in through your nose and out through your mouth and open your eyes slowly.

I Am

Today, we are going to repeat positive statements about ourselves. To begin, close your eyes and take a deep breath in through your nose and out through your mouth. We are going to reflect on the positive things about us by using "I Am" statements. The first one we will practice, is "I am strong. I am capable." As you inhale, silently tell yourself "I am strong." As you exhale, silently tell yourself "I am capable." Repeat this five times. Next, we are going to do the same thing, only this time we will tell ourselves "I am important," when we inhale and "I am special" when we exhale. Repeat that five times. When you are finished, we will do the exercise one last time. This time, you will come up with your own "I Am" statements. What truths do you need to remind yourself of? That you are beautiful? That you are enough? That you are smart? Something else? Once you have come up with your statements, repeat the exercise through five full breaths. When you are finished, slowly open your eyes.

I Can Do It!

Today, we are going to reflect on the things that we can do. To begin, close your eyes and take a deep breath in through your nose and out through your mouth. Gently shift your focus to something you can do that you are proud of. It can be an athletic skill, a talent, a school subject or something else. Think about how you learned to perfect this skill or talent. How much hard work did it require? Was it challenging? Easy? Did you ever feel like giving up when you were working on it? What kept you from giving up? Next, think about how it feels now that you have perfected it. Are you happy? Proud? Excited? Now, think about something that you would like to be able to do. Although it may be difficult, and come with challenges, remind yourself that you can do it! Begin to think about how it will feel when you master this new skill or talent. Next, think about steps that you can take to making it happen. When you are finished, take another deep breath in through your nose and out through your mouth and slowly open your eyes.

Setting A Goal

Today, we are going to focus on setting and accomplishing a goal for today. As we begin, please close your eyes and take a deep breath in through your nose and out through your mouth. Take some time to think about something you would like to accomplish today. This can be a goal for at home, at school, or somewhere else. It can involve someone else, or be a goal just for you. As your eyes are closed, visually imagine yourself accomplishing this goal. What will it look like? Who will be there? How will you be feeling? Focus especially on how you will be feeling. Really focus all of your energy on what it will be like. Now, take a few minutes to think about what you need to do in order to accomplish this goal. What steps will you need to take to get it done? When you are finished, take a deep breath in through your nose and out through your mouth and slowly open your eyes.

Reflecting On My Goal

Today we are going to focus on the goals that we set yesterday. As we begin, please close your eyes and take a deep breath in through your nose and out through your mouth. Think about what your goal was. Did you accomplish it? If so, think about how you accomplished it. What steps did you take to meet your goal? What did it feel like to accomplish your goal? If you did not accomplish it, think about why not. Was there anything that got in the way of you meeting your goal? What can you do today to help you to meet your goal? Visualize yourself meeting this goal. When you are done, take a deep breath in through your nose and out through your mouth and slowly open your eyes.

Helping Others

Today we are going to focus on how we can help others. As we begin, please close your eyes and take a deep breath in through your nose and out through your mouth. Think about a way that you can help another person today. This can be something simple like holding a door open for someone, or talking to someone new. It can be at school, at home or somewhere else. Visually picture what this will look like. Think about how you will feel and how you will make the other person feel. Think about what it would be like if you made helping others something you did every day. How would that make your life different? When you are done, take a deep breath in through your nose and out through your mouth and slowly open your eyes.

Breathing in Positivity

Today we are going to do a breathing exercise and focus on bringing positivity into our lives. As we begin, close your eyes and take a deep breath in through your nose and out through your mouth. Continue to breathe deeply, taking time to focus on your breathing and how it feels. Now, think of your favorite color or a color that you really like. When you breath in, focus on breathing in that color. Let this symbolize bringing positive things into your day and into your life. When you exhale, imagine that you are breathing out a color that you don't like. Let that symbolize breathing out the negative things in your day and in your life. Continue to breath deeply, focusing on breathing the colors that you have chosen in and out. When you are finished, take one last deep breath in through your nose and out through your mouth and slowly open your eyes.

Breath Focus

Today we are going to focus on our breathing. As we begin, close your eyes and take a deep breath in through your nose and out through your mouth. As you continue breathing, focus on the way your breath feels coming in and out of your nose. Is it cold or warm? Shallow or deep? Next, focus on your chest. Can you feel it rise and fall as you breathe? Try to imagine what your breath might look like coming in and out through your nose. Now, gently move your focus to your belly. Notice it rising and falling as you breathe. Can you feel your breath filling your belly? Now focus on your breathing as a whole. Do you notice anything you did not notice before? When you are finished, take a deep breath in through your nose and out through your mouth and slowly open your eyes.

Hot & Cold Breathing

Today we are going to focus on our breathing and notice the ways that we can change our breaths. We will keep our eyes open for this activity. Take a deep breath in through your nose and out through your mouth. Next, slowly move your hand in front of your mouth. Continue to take deep breaths. As you breath out, notice the temperature of your breath on your hand. Is it warm? Is it cool? As you continue to breathe deeply, change the way you breathe and notice the way that the temperature of your breath changes. Can you make your breath warm? Can you make it cold? What happens when you breathe quickly? What happens when you breathe slowly? Take at least 10 deep breaths and keep your focus on the temperature of your breath. When you are finished, slowly lower your hand and take one last deep breath.

Breathing In Light

Today, we are going to breathe light into our bodies. To begin, close your eyes and take a deep breath in through your nose and out through your mouth. Continue to take deep breaths, and imagine a ball of light in your toes. Each time you inhale, imagine that the ball of light is growing in your body. Notice as it spreads from your toes, up through your legs. From your legs, up through your stomach. From your stomach, up through your chest. From your chest, into your arms. From your arms into your hands. Now imagine the light filling your head. Now, take time to notice how you feel. Does this make you feel calm? Does it make you feel warm? Something else? Once you have noticed your feeling, take another deep breath in through your nose and out through your mouth and then slowly open your eyes.

My Favorite Place

Today we are going to think about our favorite places. As we begin, close your eyes and take a deep breath in through your nose and out through your mouth. As you continue breathing slowly, think of one of your favorite places to go. It can be anywhere- outside, inside, near us or far away. It can be somewhere you have been a lot, or somewhere you have only been once. I want you to really focus on picturing it in your mind. What does it look like? What can you notice about it? Does it have any certain sounds? Is it a loud place or a quiet place? Do you notice any smells there? Try to think about everything you can notice. Now, focus on how this place makes you feel. Does it make you feel calm? Happy? Excited? Something else? Really think about this feeling. Continue to breathe slowly and focus on the feeling it is giving you. When you are finished, take a deep breath in through your nose and out through your mouth, and then slowly open your eyes.

Cloud Meditation

Today you are going to imagine that you are floating on a cloud. As we begin, close your eyes and take a deep breath in through your nose and out through your mouth. As you continue breathing, I want you to imagine a big cloud floating down to you. What does it look like? What color is it? Try to notice everything you can about how the cloud looks. As it gets nearer to you, step up on to it and let it take you away. What does the cloud feel like as it floats? Is it fluffy? Hard? Is it moving slowly? Quickly? What does the air feel like? Cool? Warm? Think about what you can see from your cloud. Do you see anything else in the sky? What can you see on the ground? Try to picture everything you can see. When you are done, continue to sit on the cloud and take a few deep breaths, focusing on what it feels like to be sitting on your cloud. When you are finished, take another deep breath in through your nose and out through your mouth and slowly open your eyes.

Bird Reflection

Today we are going to imagine that we are birds. Before we begin, close your eyes and take a deep breath in through your nose and out through your mouth. As you continue breathing, try to imagine yourself as a bird. What do you look like? What color are you? Do you have any special markings? Now, try to imagine that you are flying. What does it feel like? Try to notice how the air feels on your wings. What can you see from where you are flying? Can you see the ground beneath you? Try to really focus on what it looks like. What feelings do you have as you fly? Try to notice each of your emotions and focus on how they feel. When you are finished, take a deep breath in through your nose and out through your mouth and slowly open your eyes.

Hot Air Balloon Reflection

Today we are going to imagine that we are riding in a hot air balloon. As we begin, close your eyes and take a deep breath in through your nose and out through your mouth. Continue to breathe as you think about what it would be like to ride in a hot air balloon. Think about what colors your balloon would be. Would there be any designs on it? As you rise through the sky, think about what it feels like. Is the air warm or cool? Is it windy or calm? Now, notice everything that you can see from your hot air balloon. Can you see houses? Can you see any bodies of water? People? What do they look like? Are they small or normal sized? Try to notice everything that you can see. Think about where you are going and how you will feel when you get there. Try to really focus on that feeling, and notice how it feels. When you are finished, take a deep breath in through your nose and out through your mouth and slowly open your eyes.

River Reflection

Today we are going to imagine that we are walking along a river. As we begin, close your eyes and take a deep breath in through your nose and out through your mouth. As you continue breathing, I want you to imagine that you are walking along a river. Think about what it looks like. Is it a big river or a small one? Is the river moving slowly or quickly? What is next to the river? Try to really think about what it looks like. Now, I want you to focus on what it feels like. Is the air warm or cool? Is it windy? How does it make you feel? Does it make you feel calm? Happy? Something else? Is there anyone there with you, or are you by yourself? Really think about everything at this scene and try to notice everything you can. When you are finished, take a deep breath in through your nose and out through your mouth and slowly open your eyes.

Tree Reflection

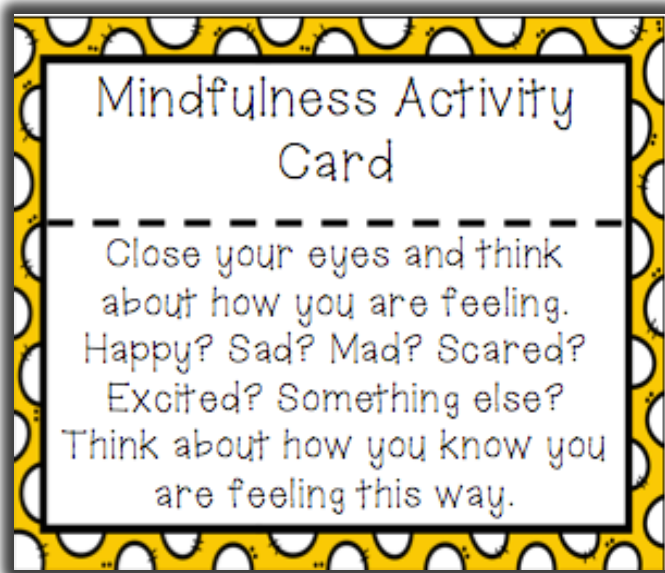
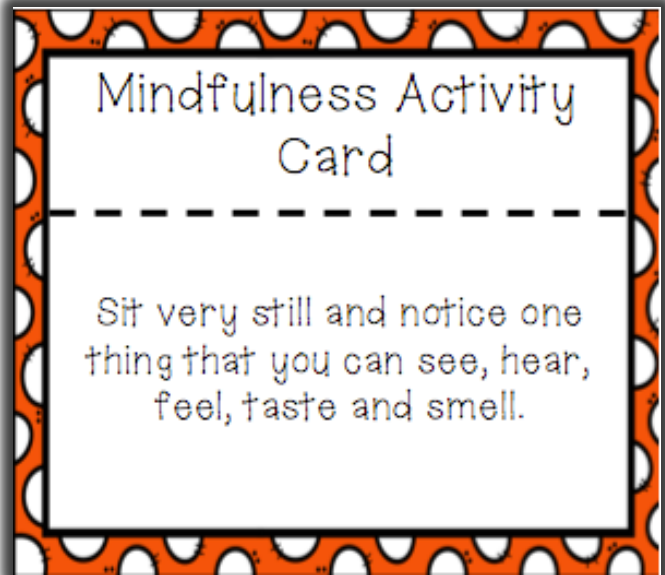
Today, we are going to imagine that we are strong trees growing tall. To begin, close your eyes and take a deep breath in through your nose and out through your mouth. Now, imagine that you are a small tree that is growing. As you are growing, stretch your body up toward the ceiling. Sit nice and tall as you continue breathing. Imagine that the trunk of your tree is strong and mighty. Notice what that feels like. Now, imagine the branches and limbs of your tree – stretching out wide. If you have space, stretch your arms out, trying to reach the walls in the room. Notice the way this feels in your body. Next, imagine that a wind is coming through, causing your branches and limbs to wave through the air. Be confident that the trunk of your tree is strong and will support the limbs and branches in the wind. How does that make you feel? Continue to breathe deeply as you sit up tall with your arms stretched out wide. When you are finished, slowly open your eyes.

Beach Reflection

Today we are going to imagine that we are walking on a beach. As we begin, close your eyes and take a deep breath in through your nose and out through your mouth. As you continue breathing, I want you to imagine that you are walking on a beach. Picture it in your head and think about what it looks like. What color is the sand? Is there anything or anyone on the beach? What does the ocean look like? Are there lots of waves? Now, gently direct your focus to what it feels like. Is the air warm or cool? Is it windy? Can you feel the sand on your feet? How does it make you feel? Calm? Happy? Something else? Does it have any particular smells or sounds? Try to notice everything about the scene that you can. When you are finished, take a deep breath in through your nose and out through your mouth and slowly open your eyes.

Sneak Peek

If you enjoyed this resource, be sure to check out this other mindfulness resource you are sure to love!



Includes 42 activity cards that encourage students to re-center using mindfulness techniques. These activities can be done independently or as a class and take around a minute to perform. The cards combine movement, deep breathing and visualization strategies.

Click here to see it: <http://bit.ly/MindfulnessCards>