

Butterfly Relaxation

Imagine that you are a tiny caterpillar, sitting on a tree branch, ready to break from your cocoon. You begin by sticking your neck out (*stretch your neck out*) to break through the sticky webbing. You then roll your head (*roll your head*) to loosen the cocoon. You can feel the cocoon slowly breaking free and feel more comfortable and not as tight. You wiggle your body slowly (*wiggle your body slowly*) to remove the rest of the cocoon and then burst free.

You are now a big, beautiful butterfly. You stretch your wings out for the first time (*stretch your arms*) and try to touch the sky. You shake the rest of the cocoon off your wings and let them dry (*shake your arms slowly*). You are then ready to take off. You spread your wings again, take a deep breath (*take a deep breath*) and push yourself off the tree branch.

You float at first, slowly toward the ground and then begin to flap your wings to fly (*move your arms up and down slowly*). You feel the wind on your belly, pushing you higher and higher toward the clouds. You can feel the warm air around you and the clouds feel like fluffy cotton balls. You stretch your wings out again (*stretch out your arms again*) to touch the clouds and find that the clouds are cool and soft, like your pillows on a snowy, winter's night. You shiver and dive down, down, down toward the ground again and feel your body slowly getting warmer, as if you were drinking hot cocoa. You float down to the forest again and land in a beautiful garden, full of sunflowers and tulips. You feel a warm breeze against your wings and begin to smell the beautiful flowers with each wind gust. You try to smell the flowers and take in another deep breath (*breathe in through your nose slowly and out through your mouth slowly*). The warm breeze brings the smell of the flowers closer to you and you can feel tiny petals drifting by your face and your wings. The petals are soft and delicate and tickle your cheeks as they fly by. The flowers smell sweet and fragrant, and you suddenly think of honey and perfume. While thinking of honey, you start to get hungry. You stretch your wings far again (*stretch out your arms*) and take off, in search of honey.

You find a beehive. You look around (*twist your head and neck slowly from side to side*) to make sure there are no bees. You close your eyes, listen quietly, and listen for buzzing. The forest is quiet. The only sound you can hear is the wind blowing through the trees, the river slowly crashing over the rocks, and a cricket chirping in the distance. You fly to the beehive and land. The honey is soft and sticky. You reach down and take a sip of the honey. It is thick and sweet, like liquid candy. You bend down again to take another sip and from your left ear, you can hear a faint buzzing noise, coming closer and closer to you. You stretch out your wings again (*stretch out your arms slowly*) and try to take off, but you are stuck to the beehive. You try to break free of the sweet, sticky honey and *slowly lift each leg up, starting with your left leg, slowly (1-2-3) and then your right leg slowly (1-2-3)*. You are suddenly free and soar like a jet, higher and higher, faster and faster toward the clouds again. As you reach the clouds, you begin to feel very sleepy and begin to yawn slowly (*yawn slowly*). You have had a big day already and need a nap. You slowly float to the forest again, smelling the flowers and honey and hearing the river, cricket, and bees in the distance. You find your tree branch and softly land. The tree branch bounces very slightly. You stretch your wings up again (*stretch your arms up slowly*) higher and higher to the sky. You find your cocoon, pick it up, and wrap it around your body. It is no longer sticky and is now soft and warm. You curl up on the tree branch with the cocoon around you, feeling safe and warm. Your back is warmed by the sunlight and the birds begin to sing you a beautiful lullaby. The sun slowly sets and dark settles in. You close your eyes (*close your eyes*), make a wish, take a deep breath (*take a deep breath*) and then slowly drift off to sleep.