

"INNER RAINBOW" GUIDED MEDITATION

- a mindful color experience using
the colors of the rainbow and the
five senses-

6 meditation scripts

7 colors of the rainbow

42 kid-friendly ways to meditate



INNER RAINBOW MEDITATION SCRIPT

- a mindful color experience using the rainbow and the senses-

Guided stories can be used for anything from inviting peace and calm, to releasing stored emotions, to providing the space for practicing a new skill. They can also be used as a little "get-away" when we need a break.

I like to call them stories when I introduce them to kids because the word story is more familiar and fun for kids than the word meditation or visualization. Once they are familiar with the guided stories and enjoy them, I use introduce the term meditation.

Guided stories are sensational and use the five "inner" senses in our imagination to fully embody the experience making it more beneficial.

This color meditation focuses on one color and one sense at a time to dive deep into the experience. Incorporate this activity into your lesson plan when you are teaching about colors, the rainbow, and/or the five senses. It will be the perfect mindfulness activity to add.

When you switch up the colors and the senses based on your lesson plan, you have a new engaging mindfulness activity each time. Just rinse and repeat.

Before you begin with the meditation script remind your little learners about the color and which of the five senses they will be using in the guided story today. You can have them give a gentle massage to the body part (eyes, nose, mouth, ears, hands) they will be using to "wake it up".

Read the script slowly and softly, pausing where appropriate.



INNER RAINBOW MEDITATION SCRIPT

- SMELL -

Get comfortable. Close your eyes. Take a long, slow deep breath in, and blow it out through your mouth slowly. Take another long, deep breath in, feel it fill your belly... and, let it out slowly. Take one last deep breath in and fill your body all the way to your toes... and let it out. Now, as you feel super calm and relaxed, you can breathe normally.

Notice a big, beautiful rainbow in the sky. It fills the entire sky with colors so bright it makes you smile. You feel so happy and so calm at the same time.

Notice the color _____, in the rainbow. The color _____ begins to glow brighter than the other colors around it. It is glowing so brightly, you can barely see the other colors.

The color _____ is glowing so brightly that its light is moving closer to you, like a gentle wave that rolls up the sand and tickles your toes at the beach.

As the color _____ reaches you, feel excited about it. The bright color _____ begins to surround you. What do you notice about it?

Now, focus on your nose, your super sniffer. Take a deep breath in through your nose and breath in _____. What do you smell? What does _____ smell like? Enjoy that aroma for a moment. *pause*

Take another breath in through your nose and notice if _____ smells like anything else to you today. Take a moment and use your super sniffer to notice anything else about _____.

Does this smell remind you... of something else? *pause* ...of someone? *pause* ...of a memory? *pause*

Great job. Take a deep breath and wiggle your toes. Take another breath and wiggle your fingers. We are done now, so take one last breath and open your eyes when you are ready.

INNER RAINBOW MEDITATION SCRIPT

- SIGHT -

Get comfortable. Close your eyes. Take a long, slow deep breath in, and blow it out through your mouth slowly. Take another long, deep breath in, feel it fill your belly... and, let it out slowly. Take one last deep breath in and fill your body all the way to your toes... and let it out. Now, as you feel super calm and relaxed, you can breathe normally.

Notice a big, beautiful rainbow in the sky. It fills the entire sky with colors so bright it makes you smile. You feel so happy and so calm at the same time.

Notice the color _____, in the rainbow. The color _____ begins to glow brighter than the other colors around it. It is glowing so brightly, you can barely see the other colors.

The color _____ is glowing so brightly that its light is moving closer to you, like a gentle wave that rolls up the sand and tickles your toes at the beach.

As the color _____ reaches you, feel excited about it. The bright color _____ begins to surround you. What do you notice about it?

Now, focus on your eyes, your super seers. Focus in with your super seers and look closely at the _____ color around you. What do you see? What does _____ look like? Enjoy that sight for a moment. *pause*

Take a deep breath and notice if _____ looks like anything else to you today. Do you see something in the glowing _____? Take a moment and use your super seers to notice any other colors mixed in the _____.

Does this sight remind you... of something else? *pause* ...of someone? *pause* ...of a memory? *pause*

Great job. Take a deep breath and wiggle your toes. Take another breath and wiggle your fingers. We are done now, so take one last breath and open your eyes when you are ready.

INNER RAINBOW MEDITATION SCRIPT

- SOUND -

Get comfortable. Close your eyes. Take a long, slow deep breath in, and blow it out through your mouth slowly. Take another long, deep breath in, feel it fill your belly... and, let it out slowly. Take one last deep breath in and fill your body all the way to your toes... and let it out. Now, as you feel super calm and relaxed, you can breathe normally.

Notice a big, beautiful rainbow in the sky. It fills the entire sky with colors so bright it makes you smile. You feel so happy and so calm at the same time.

Notice the color _____, in the rainbow. The color _____ begins to glow brighter than the other colors around it. It is glowing so brightly, you can barely see the other colors.

The color _____ is glowing so brightly that its light is moving closer to you, like a gentle wave that rolls up the sand and tickles your toes at the beach.

As the color _____ reaches you, feel excited about it. The bright color _____ begins to surround you. What do you notice about it?

Now, focus on your ears, your super sonic hearers. Focus in with your super sonic hearers and listen closely to the _____ color around you. What do you hear? What does _____ sound like? Enjoy that sound for a moment.
pause

Take a deep breath and notice if _____ sounds like anything else to you today. Do you hear something in the glowing _____? Take a moment and use your super sonic hearers to notice any other sounds mixed in the _____.

Does this sound remind you... of something else? *pause* ...of someone? *pause* ...of a memory? *pause*

Great job. Take a deep breath and wiggle your toes. Take another breath and wiggle your fingers. We are done now, so take one last breath and open your eyes when you are ready.

INNER RAINBOW MEDITATION SCRIPT

- TASTE -

Get comfortable. Close your eyes. Take a long, slow deep breath in, and blow it out through your mouth slowly. Take another long, deep breath in, feel it fill your belly... and, let it out slowly. Take one last deep breath in and fill your body all the way to your toes... and let it out. Now, as you feel super calm and relaxed, you can breathe normally.

Notice a big, beautiful rainbow in the sky. It fills the entire sky with colors so bright it makes you smile. You feel so happy and so calm at the same time.

Notice the color _____, in the rainbow. The color _____ begins to glow brighter than the other colors around it. It is glowing so brightly, you can barely see the other colors.

The color _____ is glowing so brightly that its light is moving closer to you, like a gentle wave that rolls up the sand and tickles your toes at the beach.

As the color _____ reaches you, feel excited about it. The bright color _____ begins to surround you. What do you notice about it?

Now, focus on your mouth, your super taster. Focus in with your super taster and take a lick of the _____ light around you. What do you taste? What does _____ taste like? Enjoy that flavor for a moment. *pause*

Take a deep breath and notice if _____ tastes like anything else to you today. Do you taste something else in the glowing _____? Take a moment and use your super taster to notice any other tastes mixed in the _____.

Does this flavor remind you... of something else? *pause* ...of someone? *pause* ...of a memory? *pause*

Great job. Take a deep breath and wiggle your toes. Take another breath and wiggle your fingers. We are done now, so take one last breath and open your eyes when you are ready.

INNER RAINBOW MEDITATION SCRIPT

- TOUCH -

Get comfortable. Close your eyes. Take a long, slow deep breath in, and blow it out through your mouth slowly. Take another long, deep breath in, feel it fill your belly... and, let it out slowly. Take one last deep breath in and fill your body all the way to your toes... and let it out. Now, as you feel super calm and relaxed, you can breathe normally.

Notice a big, beautiful rainbow in the sky. It fills the entire sky with colors so bright it makes you smile. You feel so happy and so calm at the same time.

Notice the color _____, in the rainbow. The color _____ begins to glow brighter than the other colors around it. It is glowing so brightly, you can barely see the other colors.

The color _____ is glowing so brightly that its light is moving closer to you, like a gentle wave that rolls up the sand and tickles your toes at the beach.

As the color _____ reaches you, feel excited about it. The bright color _____ begins to surround you. What do you notice about it?

Now, focus on your fingers, your feely fingers. Focus in with your feely fingers and reach out and touch the _____ light around you. What do you feel? What does _____ feel like? Enjoy that feeling for a moment. *pause*

Take a deep breath and notice if _____ feels like anything else to you today. Take a moment and use your feely fingers to notice any other sensations mixed in the _____.

Does this texture or temperature remind you... of something else? *pause* ...of someone? *pause* ...of a memory? *pause*

Great job. Take a deep breath and wiggle your toes. Take another breath and wiggle your fingers. We are done now, so take one last breath and open your eyes when you are ready.

INNER RAINBOW MEDITATION SCRIPT

- EMOTIONS -

Get comfortable. Close your eyes. Take a long, slow deep breath in, and blow it out through your mouth slowly. Take another long, deep breath in, feel it fill your belly... and, let it out slowly. Take one last deep breath in and fill your body all the way to your toes... and let it out. Now, as you feel super calm and relaxed, you can breathe normally.

Notice a big, beautiful rainbow in the sky. It fills the entire sky with colors so bright it makes you smile. You feel so happy and so calm at the same time.

Notice the color _____, in the rainbow. The color _____ begins to glow brighter than the other colors around it. It is glowing so brightly, you can barely see the other colors.

The color _____ is glowing so brightly that its light is moving closer to you, like a gentle wave that rolls up the sand and tickles your toes at the beach.

As the color _____ reaches you, feel excited about it. The bright color _____ begins to surround you. What do you notice about it?

Now, focus on your emotions and how you are feeling inside with your inner senses. Focus in on your feelings and emotions as the _____ light surrounds you and you breath it in. What do you feel? What emotion does _____ feel like? *pause*

Take a deep breath and notice if _____ feels like anything else to you today. Take a moment to notice any other emotions mixed in the _____.

Does this emotion remind you... of something else? *pause* ...of someone? *pause* Have you felt this emotion before? *pause*

Great job. Take a deep breath and wiggle your toes. Take another breath and wiggle your fingers. We are done now, so take one last breath and open your eyes when you are ready.

INNER RAINBOW MEDITATION SCRIPT

- DISCUSSION QUESTIONS -

I've listed some questions below to help you start a discussion about the meditation experience. Discussion and follow up activities can help your little learners find more meaning in their experience and help them recall parts of the experience they might not initially remember.

Use these discussion starters to encourage your kids to share about their experience. There are no right or wrong answers and everyone's experience will be unique. None of it has to make sense.

Don't use all of these questions for each meditation, there are too many. Use the ones that make sense for your experience for that day and mix them up as you repeat the activity, and add in your own.

QUESTIONS:

1. Where you able to notice the rainbow and the colors?
2. Does the color we talked about today mean anything to you?
3. Do you have any memories about the color? Does it remind you of something?
4. Were you able to notice with your "inner nose/eyes/mouth/ears/fingers"?
5. Was it easy or hard for you to notice with your "inner sense"?
6. Did you notice you wanted to use another "inner sense" instead?
7. Did you notice any sensations in your body?
8. Did you notice any thoughts in your mind?
9. Did you notice feeling an emotion?
10. Was there any part that felt uncomfortable to you?

INNER RAINBOW MEDITATION SCRIPT

DISCUSSION QUESTIONS

Fill in the blank with the sense you used in the meditation today.

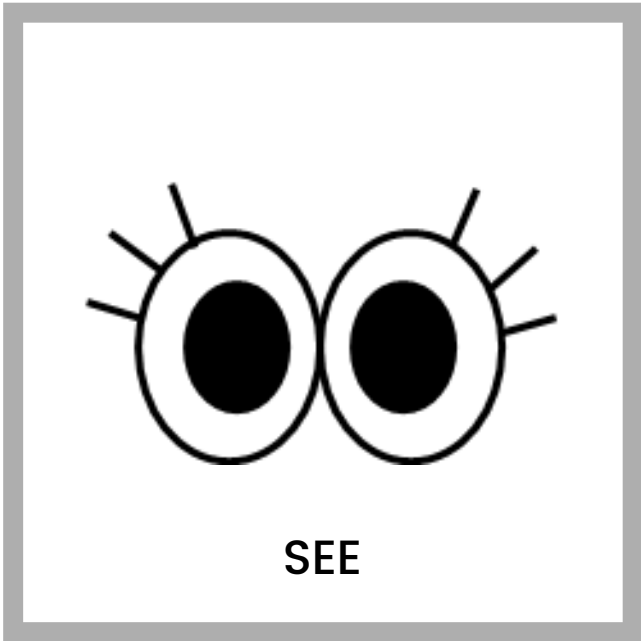
SMELL - SIGHT - SOUND - TASTE - FEEL/TOUCH - FEEL/EMOTIONS

1. What did your color _____ like?
2. Did you like the _____ or not?
3. Did that _____ remind you of something or someone?
4. Did it remind you of something that happened in the past?
5. Was it easy or difficult to focus in on the small details with the inner sense you used today?
6. Could you _____ more than one thing about your color?
7. What other things could you _____?
8. Was the _____ strong or weak?





HEAR



SEE



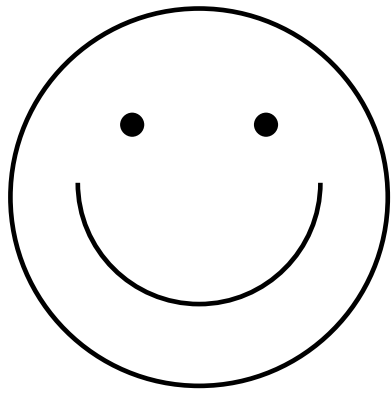
TASTE



FEEL - Touch



SMELL



FEEL - Emotions

**roll
again**

**free
choice**