

## Floating thoughts – Activity for children and young people

Guided thoughts work best as an activity if you can find someone you trust to read the script to you. Alternatively, read the script yourself to learn the floating thoughts technique and then use it later.

There are three different environments described during this technique, please pick the one that you find most relaxing or 'safe' to read though. There will also be an option at the end to create your own if you feel like you can't relate to the three that have been described.

The aim of these guided thoughts is to help you feel more relaxed and have less cluttered thoughts.

### 1 THE BEACH

*'Sometimes our mind can get full. When this happens and it feels overwhelming, we need a way to clear our heads. I want you to imagine you are somewhere peaceful. Imagine you are at the beach. Now take a moment to breathe in... 1,2,3 ... and out... 1,2,3,4,5... allowing yourself to be fully present in this moment.'*



*As you are imagining the peaceful environment, I want you to picture a few things. Spend some time imagining your beach using all your senses. What can you hear? What can you see? What can you smell, taste or feel?*

*On the beach, I want you to focus on the waves coming in and out. If your mind starts to wander that's OK, acknowledge that thought for what it is and then come back to focusing on the waves. As thoughts come to you, I want you to place them on a wave. Watch as they get pulled into the ocean and out of your mind. Just spend a few moments allowing thoughts to come into your mind, recognizing them for what they are, but then allowing those thoughts to float away. When you feel ready bring yourself slowly back to the present moment.'*

### 2 THE FOREST

*'Sometimes our mind can get full. When this happens and it feels overwhelming, we need a way to clear our heads. I want you to imagine you are somewhere peaceful. For you this might be a forest. Now take a moment to breathe in... 1,2,3 ... and out... 1,2,3,4,5... allowing yourself to be fully present in this moment.'*

*As you are imagining the peaceful environment, I want you to picture a few things. Spend some time imagining your forest using all your senses. What can you hear? What can you see? What can you smell, taste or feel?*

*In the forest, I want you to picture a small stream flowing in front of you. If your mind starts to wander, that's OK, acknowledge that thought for what it is and then come back to focussing on the stream and the trees around you. As thoughts come to you, I want you to place them on a leaf in the forest and then put that leaf in the stream. Watch it float down the stream and out of sight. Just spend a few moments allowing thoughts to come into your mind, recognising them for what they are, but then allowing those thoughts to float away. When you feel ready, bring yourself back to the present moment.'*





#  
YOU'VE  
BEEN  
MISSED

### 3

#### CLOUDS

*'Sometimes our mind can get full. When this happens and it feels overwhelming, we need a way to clear our heads. I want you to imagine you are somewhere peaceful. Imagine you are in a field or open space lying down and watching the clouds. Maybe even a place you feel safe indoors looking out a window. Now take a moment to breathe in... 1,2,3 ... and out... 1,2,3,4,5... allowing yourself to be fully present in this moment.'*

*As you imagine the peaceful environment, I want you to picture a few things. Spend some time imagining your field, or safe space, using all your senses. What can you hear? What can you see? What can you smell, taste or feel?*

*In your field, or safe space, I want you to imagine the clouds as they go past. If your mind starts to wander that's OK, acknowledge that thought for what it is and then come back to focusing on the clouds. As these thoughts come to you, I want you to place each one onto a cloud. Watch as the wind blows them away and out of your mind.*

*Just spend a few moments allowing thoughts to come into your mind. Recognizing them for what they are but then allowing those thoughts to float away. When you feel ready bring yourself slowly back to the present moment.'*

Inspired and adapted from NHS mindfulness activity.

For more activities, please check out #youvebeenmissed on the BWC website: <https://bwc.nhs.uk/youve-been-missed>