PRACTITIONER SCRIPT · EARLY YEARS

Flashlight Body Scan

A calm, gentle way to notice our bodies

connections in mind

Before You Begin

Takes about 5–7 minutes.

Read slowly and softly. Wherever you see *pause* leave 3–5 seconds of quiet.

Setting. Dim the lights and give each child a mat, cushion or carpet spot with room to stretch.

Position. Lying down or sitting comfy. Eyes closed or looking softly at the floor – always their choice.

Pace. Go slowly between body parts. Young children need time to notice.

No right answers. Warm, cold, tingly, wriggly or "nothing" are all fine. Never correct what a child notices.

Wriggles welcome. If a child needs to move, invite them to wiggle that part, then let it rest.

Flashlight prop. A switched-off torch, sensory light or pretend "hand torch" helps children follow along.

Shorter version for under-3s or a restless day: just toes, tummy, hands and face.

Get Settled: Balloon Belly Breathing

Three slow breaths help the body feel calm.

Hands on tummies. Imagine a balloon filling up and letting out air.

1. **In** – balloon gets big
   Out – whoosh
2. **In** – bigger
   Out – smaller
3. **In** – big, big balloon
   Out – all the way down

READ ALOUD

Let's get cosy. You can lie down on your back like a starfish, or sit comfy on your cushion. *pause*

If you like, you can close your eyes. Or you can look down softly at the floor. *pause*

Put your hands gently on your tummy. We're going to pretend there's a balloon inside.

Breathe in slowly through your nose... and feel your balloon fill up, bigger and bigger. *pause* Now let the air out slowly... whooosh... and your balloon gets small again. *pause*

Let's do that again. Breathe in... balloon gets big. *pause* Breathe out... balloon gets small. *pause*

One more time. In... big, big balloon. *pause* And out... all the way down. *pause*

Well done. Your body is starting to feel calm and still.

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The Flashlight Body Scan

Travel slowly from toes to head.

READ ALOUD

Now we're going to use our magic flashlight. It shines a soft, warm light on one part of our body at a time, so we can notice how it feels.

1

Toes and feet — WIGGLE

Let's shine our flashlight on your toes. Give them a little wiggle... wiggle, wiggle. *pause* Now let them rest. Do your toes feel warm or cold? Maybe tingly? *pause* Whatever you feel is just right.

2

Legs — SQUEEZE & FLOP

Our flashlight moves slowly up to your legs. Can you feel your legs resting on the floor? *pause* Squeeze your legs tight, tight, tight... and now let them go floppy, like spaghetti. *pause*

3

Tummy — NOTICE

Now the flashlight shines on your tummy. Is it rumbly? Is it wobbly like jelly? Is it quiet? *pause* Feel your tummy go up and down as you breathe. Up... and down. *pause*

4

Chest — HAND ON HEART

The flashlight moves up to your chest. Put a hand there if you like. Can you feel your heart going thump, thump? *pause*

5

Hands and arms — FIST & FLOWER

Now shine the flashlight on your fingers. Give them a wiggle. *pause* Make two tight fists... squeeze... and let them open, soft like a flower. *pause* Feel your arms getting heavy and resting on the floor. *pause*

6

Shoulders — UP & DROP

The flashlight shines on your shoulders. Lift them up high to your ears... and let them drop down, down, down. *pause* Does anything feel tight or heavy? Let's breathe into that spot and let it get soft. *pause*

7

Face and head — RAISIN FACE

Now the flashlight reaches your face. Scrunch your face up small like a raisin... and let it go smooth and soft. *pause* Feel your cheeks, your mouth, your eyes all resting. *pause* Last of all, the flashlight shines on the top of your head. Now your whole body is glowing, soft and calm. *pause*

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Finish Together

One big breath, a gentle stretch, then open eyes.

Bring children back slowly. There's no rush to get up.

READ ALOUD

Let's switch off our magic flashlight now. Click! *pause*

Take one big, calm breath together. Breathe in... fill your balloon... and breathe out... whoosh. *pause*

Now give your body a gentle stretch. Reach your arms up high and point your toes. Stretch, stretch... and relax. *pause*

When you're ready, slowly open your eyes and look around the room. *pause*

Well done, everyone. You helped your whole body feel calm.

Little Chat Afterwards

Optional. Keep it light – no pressure to answer.

Children can answer with words, pointing, or showing with their body.

- **Which part of your body felt the most sleepy?**
- **Was anything wiggly or tingly?**
- **How does your body feel now?**

Practitioner Notes

What did you notice today?

- **Date / group** .....
- **What helped the group settle** .....
- **Try next time** .....

Adapted from: Mental Health Center Kids – Body Scan · Metro Parent – Body scan meditation techniques for kids · Greater Good in Education (UC Berkeley) – Rhyming Body Scan for Young Children · Kids (kids.org.uk) – Body Scan activity