Close your eyes and relax. Take a deep breath in and out. As you breath in imagine you are breathing in a warm ball of light. It lights up your head and you can feel the warmth spreading. As you breath imagine the ball of light is travelling down your body, down your neck and into your left arm it travels down your arm to your elbow. You feel warm and calm as you are moving the ball of light around. It goes to your fingertips. It travels up your arm and into your right arm through your elbow and back again. Then it goes down and warms your heart then your tummy. You feel it move down one leg, past your knee and warming up your toes. Slowly the light then moves to your other leg. You feel so calm, peaceful and warm.

Now imagine you are walking along a path as you look around you see interesting lands. You can hear the birds singing and all is calm and peaceful. As you walk down the path you come to a big tree, this is the biggest tree you have ever seen, the tree is so big and strong. This tree is the worry tree. On this tree you can hang all of your worries, the tree is so big and strong it can take them all. You leave your worries at the tree and walk until you come to The Lazy Lagoon.

As you look around the area no one is there you know you are safe. You walk around and you can smell delicious food cooking. You take off your shoes and socks and you feel the grass on your feet. You feel relaxed, there is nothing here to make you scared or angry. You walk to the edge of the water and you feel the cool water on your feet. You decide to use a small raft to row to the ship. When you are there you find the loot. This loot is special, the crate is full of all your favourite things. There are toys and treats in it. You take out a small colourful ball and squeeze it in your hand. As you squeeze it all your anger and worries fade away. You get back on the raft and float around the lagoon.

It’s time to walk out of the Lagoon. You row the raft to the edge and carefully get up, you walk back to the path. You look round at all the interesting lands around you. You are not worried or angry, you can come back here anytime you like. You walk back through the gate and past the worry tree, you walk down the path watching as the worlds change from forests to houses. When you are ready you slowly open your eyes and stretch your arms and legs.