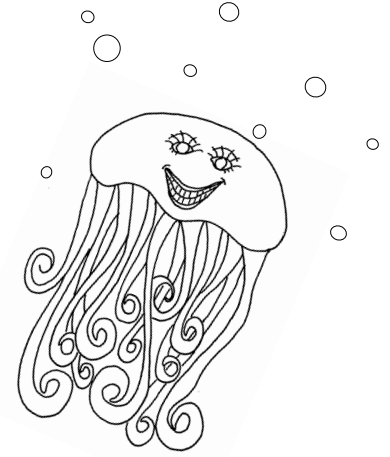


# Joyful Jellyfish

Materials: Jellyfish  
Puppet (optional)  
Time: 5 Minutes



## Why it works:

Kids can never have enough strategies for managing fears. Especially young children who often are afraid of things they do not need to be afraid of, but their amygdala is reacting to a perceived threat. As a result their little bodies are flooded with the stress hormone, cortisol. Instinct is to react with the fight, flight, or freeze mechanism that is wired into our brains to protect us. In this exercise they learn to let their fears float away through the metaphor of the jelly fish. Imagining they are a jelly fish, floating through the water, they visualize themselves moving freely, muscles relaxed, body still and calm, releasing their worries, and thoughts of things that give them joy.

## What to say

1. Lie down in a comfortable spot. Let your body relax and your arms rest by your sides. Imagine them loose like jellyfish tentacles (arms).
2. Close your eyes if you wish, and notice your tummy rising and falling with your breath.
3. Let your body be as still as it can be, and feel your muscles sink into the floor beneath you.
4. Imagine you are a joyful jellyfish floating in the water. While you float, think of things that make you feel joyful. Feel your heart and body fill with joy.
5. Now let your worries slide off your jelly body, and slip away in the water. Notice how your body feels with no worries clinging to it.
6. Float free through the sea feeling the joy of having no worries.
7. When you are ready, open your eyes, take a deep breath, rise slowly, bringing your joyful jellyfish heart with you.

## Summary

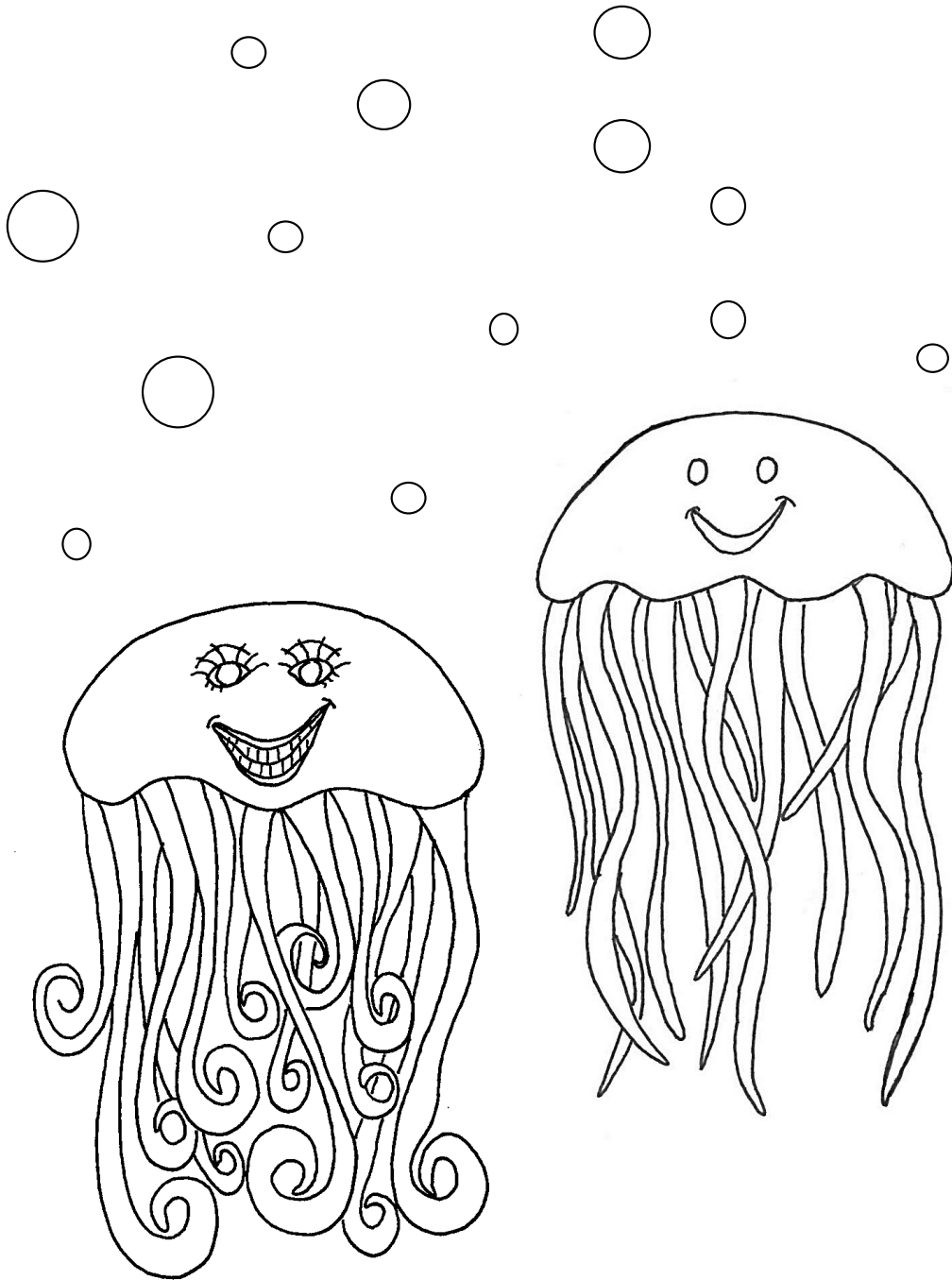
This exercise is especially great for children who are naturally more anxious than others, and for all kids who need healthy coping skills. It is intended to be practiced any time, not just

## Goal

This exercise helps train the brain to be calmer in general, and eventually help to manage fearful situations more thoughtfully and with less stress. It provides a strategy for recovering from a fearful situation as well.



# Joyful Jellyfish



Here you are as a joyful jellyfish! What or who makes you so happy? Color yourself joyful!

