There’s a song called *Book of Dreams* by the band Milkshake that can animate your imagination each time you listen. So, what’s so special about it? The lyrics can transport you into far off lands. They can awaken within you that delightful sense of imagination and wonder, that sense of “EVERYTHING’s Possible.”

This is a perfect song to begin the new year, month or day practicing visualization skills with your families and their child(ren). Begin by playing the song and asking them to let their imaginations soar. With lyrics such as “We don’t have wings, but still we fly” and with images such as singing seagulls, rainbows, Zanzibar, and dancing with butterflies, it doesn’t take much to infuse the room with a little sparkling wonder.

Ask them to imagine what they want to feel, think, do, see, and hear this year and give them some examples such as “I want to sit on the couch drinking tea with my grandma” or “I want to visit the park on a butterfly safari.” I want to see a bear hug, a turtle in its natural environment. I want to hear the sound of rain pitter pattering on the porch or listen to the crickets on a still night in nature. I want to feel the warmth of being loved or feel the calm of a deep breath right before I take a test. I want to think thoughts that make me feel calm and relaxed. I want to think treasure thoughts of joy, friendship, and my ability to think positive as I try and try again things that are hard for me. Explain that life is about experiencing not acquiring. Although there’s nothing wrong with acquiring, it is the experience of love, joy and connection that supports our feeling relaxed and at peace and these experiences come from our hearts and minds.

Next, create our 2018 Book of Dreams.

Ask the them to use all of their senses to record what they want to experience this year, month, or day, explaining that we can create a new story for our day EVERY day, it doesn’t just have to be at the beginning of a year or month. We can even start over each moment to re-create our experience. This is where they begin to open their minds and hearts to get in touch with what they want to experience. Emphasize the importance of paying attention to how they want to FEEL rather than what they want to have or do. Have them record in their Book of Dreams these experiences and then they share them with each other.

The youngest kids express through drawing. Older children use more words in their expression.

Be sure to have a buffet of craft supplies on hand to amplify the creativity of the moment. Such as glitter, washi tape, all sorts of fun pens/crayons/markers/pencils and other writing supplies, stickers, and colored glues

This is the perfect lesson to talk about how the energy through which we create is the energy that we are sharing with the world around us. Talk about how as we are creating with love, we are practicing love. As we are creating with a relaxed, calm and centered focus, we are practicing being calm and centered. It is a wonderfully fun activity!

I encourage you to create an atmosphere of peace and CREATE AWAY! Fun and enjoyment are the cornerstones of relaxation practice that kids will want to come back to again and again and again.

https://www.youtube.com/watch?v=cA_OdX2C-wc