



# Guided meditation: The snowflake and you

Hello friend! Let's get cozy. Sit down or lie down, and close your eyes if you like. Take a big deep breath with me—inhalé... and exhale... One more time—breathe in... and out. Great job!

Let's Begin:

Imagine it's Christmas time. The world is covered in soft, sparkly snow. Can you see it? The snowflakes are falling gently from the sky, one by one. Each snowflake is unique—some are big, some are small, some are round, and some have many points. Every single snowflake is beautiful, just like YOU.

You Are a Snowflake:

Now, imagine you are a snowflake, floating through the air. You're spinning and twirling, falling gently down to the ground. You're special and different from all the other snowflakes around you, and that's what makes you amazing! You don't need to look like anyone else—just like the snowflakes, you are perfect exactly as you are.

The Magic of Christmas:

It's Christmas Eve, and the world feels full of magic. The Christmas lights are twinkling, and everything is cozy and warm. Just like the snowflakes, you bring something special to the world when you smile, share, and show kindness. You're part of the Christmas magic too!

You Are Special:

Remember, snowflakes don't try to be like each other—they just float down, being themselves. And you don't need to be like anyone else either. You are special just the way you are—your smile, your laugh, your kind heart. No one else can be you, and that makes you wonderful!

Confidence Like a Snowflake:

Take a deep breath in... and out... You are as special as every snowflake that falls. You are unique, and you can feel proud of who you are. The world needs your specialness, just like it needs every snowflake. When you feel unsure, remember that you are as important and beautiful as all the snowflakes in the sky.

End with a Smile:

Now, take one last big breath in... and out... and when you're ready, slowly open your eyes. You're amazing, just like a snowflake! And you can carry this feeling of confidence and magic with you all day.