

## Handwarming With Sparkling Happy Smilo and the Sunshine Boats

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### Principles

This exercise uses the fantasy images of Happy Smilo and the Sunshine Boats to teach children relaxation, including relaxed breathing and warmth imagery.

### Instructions

1. Try to find a comfortable position and then gently close your eyes. Take a deep breath and feel how your belly bulges out when you inhale and goes back in when you exhale slowly.
2. Now try to imagine your nice little friend, Happy Smilo (Figure 1). Let him appear while you slowly inhale and exhale. Perhaps you can just see him behind your inner eye?
3. Let's see, isn't he sparkling at you? Give him a nice little sparkle, too. Now he appears on your left side. Don't move your head, only move your eyes to see him and to send him a sparkle again. Now he is on your other side. Don't move your head; move only your eyes to see him and to send him a sparkle.
4. Now let Happy Smilo go inside you and into your belly. Imagine your breathing...in and out... Now imagine the sun with warm rays...the color of the sun and its warmth...Inhale and exhale slowly...in and out...
5. The next time you inhale, take some of those warm rays with you and let them go inside your belly until they reach your friend, Happy Smilo. He is waiting for them and he is very happy to have them here. Around him there are lots of tiny boats and he slowly puts the rays into his boats.
6. While you exhale, imagine the little Sunshine Boats (Figure 2) floating down your arms and bringing the warmth with them to your fingertips. There are a lot of boats, and every time you inhale, you bring more and more of the sun rays into yourself. Put the rays of sunlight into the boats and let them float out to your fingers while you exhale.
7. Perhaps, after a while, you can feel them warming your fingers...and while you inhale and exhale...perhaps you can feel the warmth floating in your belly and down into your legs.
8. Can you see how happy your little Happy Smilo is sitting in the boats and bringing all the sun into your body?
9. When you feel warm enough, say goodbye to your little friend. With a deep breath, come back into this room, and when you feel ready, open your eyes.

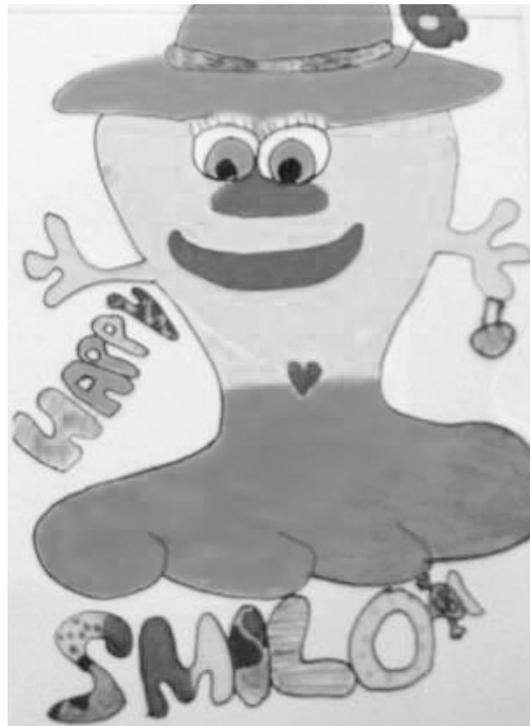


Figure 1. Happy Smilo.

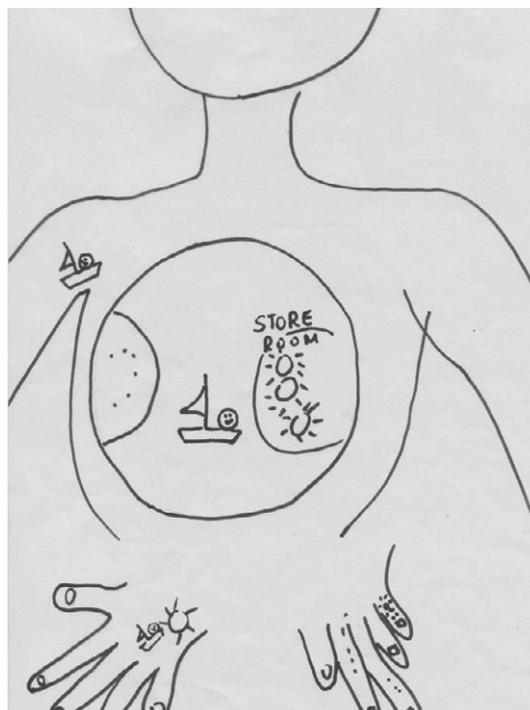


Figure 2. The Sunshine Boat inside your body.

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