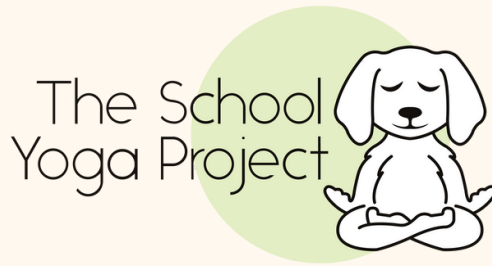


The School
Yoga Project



White Light Guided Relaxation for Children

Written and narrated
by Hannah Butterill



About Hannah and The School Yoga Project

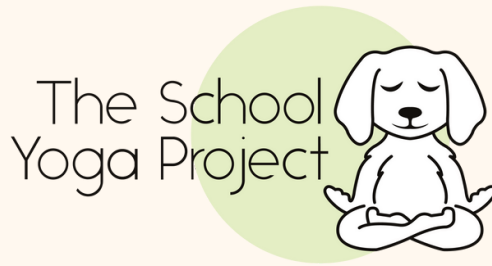
Hannah is an experienced teacher and trauma-aware yoga practitioner who helps schools create calmer, more regulated classrooms.

Through The School Yoga Project, she brings real, research-informed wellbeing tools into real classrooms, helping teachers support anxious or dysregulated children through breathwork, mindfulness, and movement.

Her approach is simple:

Calm adults create calm classrooms.

The tools she shares are designed to be practical, repeatable, and doable - even on the busiest of school days.



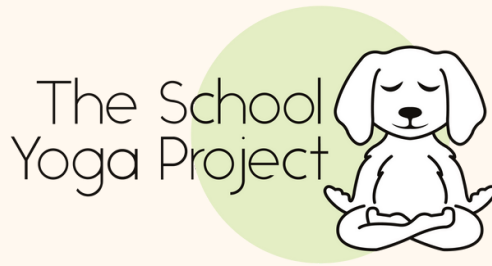
About this audio

The White Light Guided Relaxation is a short, calming practice designed to help children unwind, reset, and reconnect with their bodies.

It gently guides them through visualisation and breathwork, encouraging stillness and a sense of safety. The language is neutral, inclusive, and age-appropriate. It's ideal for children who struggle with anxiety, sensory overload, or post-lunchtime restlessness.

Who it's suitable for

- KS1, KS2 pupils
- Small groups, whole classes, or 1:1 interventions
- Particularly useful for:
 - Emotional regulation support
 - Pre- or post-assessment calm
 - Transitions (after playtime, before home time)
 - Nurture or SEN groups
 - Wellbeing or PSHE sessions

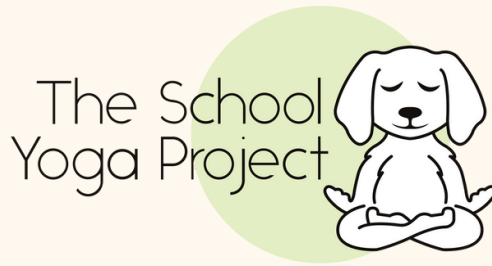


How to set up the space

A calm, comfortable environment makes all the difference.

You don't need a yoga studio — just a few simple tweaks:

- **Lighting:** Dim the lights or close the blinds slightly. Natural light is perfect.
- **Sound:** Reduce background noise if possible. Remind others nearby that you're doing a relaxation activity.
- **Layout:** Children can sit or lie down. If lying, they can use jumpers as pillows or rest their heads on their arms.
- **Temperature:** Warm enough for comfort especially if pupils are still.
- **Tech:** Play the audio through classroom speakers. Check volume levels before starting.

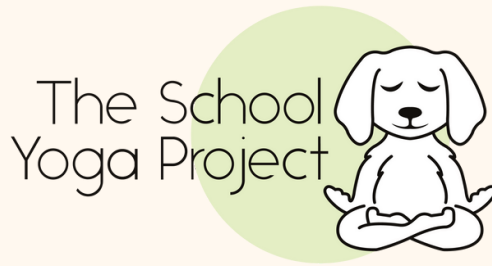


Before you begin

- Invite children to find a comfy position — sitting or lying down.
- Encourage stillness but not rigidity. “Let your body rest however feels best.”
- You might want to do two slow breaths together before pressing play.
- Remind them: there’s no right or wrong way to relax — just listen and imagine.

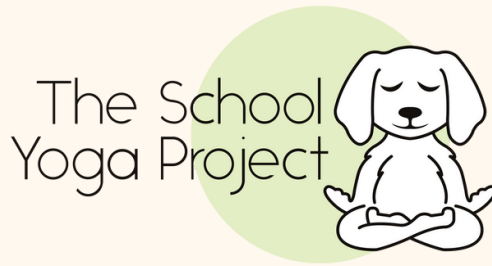
During the relaxation

- The script guides children to imagine a soft white light filling their bodies with calm energy.
- They’re invited to notice sensations and release tension through their breath.
- If children fidget or giggle, that’s okay. Stillness can take practice.
- Keep the tone steady and kind — they’ll follow your energy.



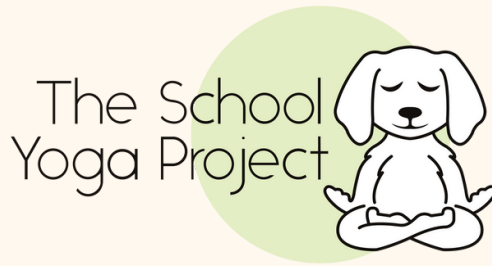
After the audio

- When the relaxation ends, take a few quiet moments before speaking.
- Then gently bring pupils back with calm, grounding steps:
 - Ask them to notice how they feel now — lighter, calmer, warmer.
 - Invite gentle movement: wiggle fingers and toes, stretch arms overhead, open eyes slowly.
- Optional reflection: a short discussion or journal prompt, such as:
 - “What did you notice about the light?”
 - “Which part of your body feels most relaxed?”
 - “How could you use your breathing to help you during the day?”
- If you’re using this in a classroom setting, this is a perfect transition into quiet independent work or storytime.



Top Tips

- **Use it regularly.** Build it into your routine daily or weekly - after lunch, PE, or busy transitions. Consistency helps children's nervous systems learn what calm feels like.
- **Pair it with calm activities.** Follow the audio with quiet choices like mindfulness colouring, journalling, or calm corner time.
- Use **shared language.** Repeat grounding phrases such as "Calm is contagious" or "You are safe and steady" so children link them with the relaxed state they experience.
- **Model calm.** Join in yourself. When pupils see you slow your breathing, they feel safe to do the same.
- **Revisit the visualisation.** Remind children they can imagine the white light whenever they need calm — before tests, during assemblies, or when emotions feel big.



Transcript – White Light Guided Relaxation

Three minutes

Start by laying down or sitting closing your eyes, taking a deep breath in through your nose and out of your mouth.

And again, deep inhale and exhale. Feel your breathing, becoming slow and regular.

Put your attention on a spot above your head and imagine a white light shining there.

This light can shine through the crown of your head and shine throughout your body.

The light flows into every part of your body.

This light brings you energy and strength. It will make you feel stronger.

First feel the white light in your head then it flows down into your throat, your chest and into your heart.

You can feel the lights in your shoulders.

Now it flows down your arms to your fingers. If you feel tension in your body, let it flow away through your fingertips.

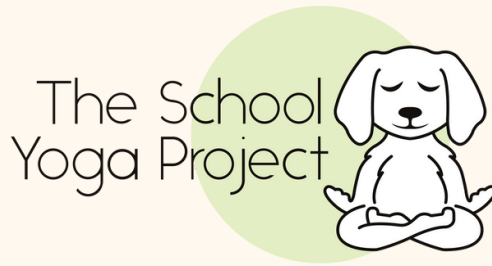
Now you feel the white light flowing down your back and through your belly.

Next it flows down your legs right down to your feet.

You can feel the white light flowing through your whole body.

It makes you feel safe and warm.

You're breathing is getting more and more relaxed



Continuing the calm

If this session helps your pupils, you can explore Hannah's wider work with The School Yoga Project.

She offers practical, trauma-aware CPD training and small group pupil programmes that teach regulation tools for real classrooms.

Learn more at:

www.theschoolyogaproject.co.uk

or email

theschoolyogaproject@gmail.com

