

Rainbow Relaxation Script

A nine-minute rainbow relaxation for children of roughly six to nine, written to be read aloud at bedtime or at the end of a yoga or mindfulness class. Every colour is paired with a body feeling — heavy, warm, tingly, soft, cool, still, light — so a child who cannot make pictures in their head can follow the whole thing, and the seeing is offered rather than required.

9 min · 7 segments

01. Getting comfy

1 min 15

[This is the part most rainbow scripts get wrong, so read this note before you read the script. A real share of people cannot make pictures in their head at all — they close their eyes and there is only dark. Plenty of children are like that and have no idea it is not how everyone works, so 'imagine a red light' lands on them as a small private failure, and they spend the next eight minutes trying harder and getting further from sleep. That is why every colour below is a feeling first and a picture second. Say the 'or you can just feel it' half every single time a colour arrives, not once here at the start. A child who hears it only at the beginning has forgotten it by orange.]

We are going to make a rainbow. Not on paper. Inside you, starting at your feet and going all the way up to the top of your head. *[pause for 5 seconds]*

First, get comfy. Wiggle about until the bed feels right. Let your arms go floppy. Let your legs go floppy. *[pause for 10 seconds]*

Now close your eyes, if you want to. Some people see colours behind their eyes. Some people see nothing at all, just dark, and that is completely fine. You can feel the colours instead. Feeling them works just as well. *[pause for 10 seconds]*

Take one slow breath in. And let it go out, like a big sigh. *[pause for 15 seconds]*

02. Red and orange — heavy feet, warm tummy

1 min 30

[Pace. Read at about half the speed you would use for a bedtime story, and let your voice drop at the end of every sentence rather than lifting. If you are recording this for adults or for a sleep channel you can go slower still and stretch the pauses towards thirty seconds. At a real bedside, don't: ten seconds of silence already feels long to a seven-year-old and they will fill it by talking to you. Fifteen seconds is about the ceiling until they go drowsy, and then you can stretch. One more thing on red — a few children hear red as cross, or as blood. If yours does, call it 'the heavy colour' all the way through and never name it.]

We start at the bottom, with red. Red is the heavy colour. Your feet are going heavy. Heavy like wet sand. You might see red down there, or you might just feel your feet get heavier. Either one is right. *[pause for 15 seconds]*

Let the heavy feeling creep up your legs. Your knees go heavy. The backs of your legs sink down into the bed, a little further than before. *[pause for 15 seconds]*

Now orange. Orange is the warm colour, and it sits in your tummy, about where a hand would rest. Warm like a bath. Warm like sun through a window on a cold day. See it if you can. If you can't see it, just feel your tummy go warm and soft. *[pause for 20 seconds]*

03. Yellow — tingly shoulders and arms

1 min 15

[Almost every child talks back the first few times. 'I can't see yellow.' 'My fingers feel funny.' Or just giggling. Do not shush them and do not stop to answer the question. Say a quiet 'mm' or 'that's right' in the same slow flat voice and carry straight on with the next line. Correcting them wakes them up; ignoring them completely makes them say it again, louder. If the giggling really is running away, stop the colours, rest a hand on their back for a moment, and pick up again at green — going back to the beginning reads as a punishment and they will learn to stall.]

Next is yellow. Yellow is the tingly colour. Not fizzy and jumpy — the quiet kind of tingle, like sun on your arms in the summer. It starts in the middle of your chest. *[pause for 15 seconds]*

Let it spread out into your shoulders. Feel your shoulders slide down, away from your ears. Then down your arms. All the way to your fingertips. Your fingers might tingle a little. They might not, and that is fine too. *[pause for 20 seconds]*

Yellow, if you can see it. Warm and tingly, if you can't. *[pause for 10 seconds]*

04. Green — soft chest, easy breathing

1 min 15

[Notice that every colour gets its own feeling — heavy, warm, tingly, soft, cool, still, light — instead of all seven getting 'warm light'. That is the whole design. Seven identical suggestions in a row stop meaning anything by about the third, and a child quietly stops tracking. If your child already has a strong idea about a colour of their own — green is grass, blue is the sea — use theirs instead of mine, because their own association lands harder than anything written on this page. And don't ask them to breathe in any particular pattern here. Counted breathing turns into a task a child can get wrong, and getting it wrong is the opposite of what you came for.]

Now green. Green is the soft colour. Soft like moss. Soft like a jumper that has been washed a hundred times. *[pause for 10 seconds]*

Green sits right where you breathe. Put a hand on your chest if you like, and feel it go up. And down. Up. And down. You don't have to breathe in any special way. Just let it happen on its own. *[pause for 20 seconds]*

Everything inside your chest is going soft. Some people see a green field, or leaves. Some people just feel soft. Both of those are the same thing. *[pause for 15 seconds]*

05. Blue — cool throat, loose jaw

1 min 15

[To shorten it for a child who is already half gone: keep red, keep green, keep indigo, and drop the rest. Heavy legs, soft breathing, still eyes. That is the spine of the whole script and it runs to about three minutes. Do not speed up to fit everything in — a rushed full rainbow is worse than a slow short one, and children hear the hurry in your voice long before they hear the words. If they are asleep by orange, stop talking. Finishing the script is not the point.]

Blue next. Blue is the cool colour. Cool like the other side of the pillow, when you turn it over. *[pause for 10 seconds]*

It sits in your throat and around your neck. Feel the air going in through your nose. A little bit cooler going in than coming out. That is blue, doing its job. Blue is easy to feel even if you never see it, because cool is a feeling and not a picture. *[pause for 20 seconds]*

Your jaw can go loose now. Let your teeth come apart a tiny bit. Let your tongue rest. *[pause for 15 seconds]*

06. Indigo and violet — still eyes, light head

1 min 30

[Using this with a class of thirty rather than one child at bedtime: change three things. Stand still in one spot instead of walking the room, because footsteps make children open their eyes to track you. Say the 'or just feel it' line louder than you would at home — the children who cannot picture things will not put a hand up and tell you. And cut every pause to about eight seconds, because a room gets restless roughly three times faster than one child in bed. Expect three or four to stay wide awake and fidget quietly. That is a normal class, not a failed one. Ask that group to keep still rather than to relax; keeping still is a thing a child can actually do on purpose.]

Second to last is indigo. Indigo is dark blue. Almost night-time blue. Indigo is the still colour, and it sits behind your eyes. *[pause for 10 seconds]*

Let your eyelids go heavy. Heavy like they don't want to open. Your forehead goes smooth. Everything behind your eyes goes quiet, and dark, and still. *[pause for 20 seconds]*

And last of all, violet. Violet is the floaty colour. It rests on the very top of your head, light as a feather landing. Your head feels light while the rest of you stays heavy. *[pause for 20 seconds]*

See them, or feel them. Whichever comes easier tonight. *[pause for 10 seconds]*

07. Settling — the whole rainbow, then quiet

1 min 15

[There is no count-up and no 'open your eyes' here, on purpose, so the script can be recorded for sleep or read at a bedside and simply run out. If you are using it to close a class you will need to add a plain return of your own — 'wiggle your fingers, have a stretch, sit up when you're ready' — but don't bolt that onto the recorded version. And if the child is still wide awake when you get to the end: that is fine, and it is not a failure. Relaxation is not sleep. A child lying still with heavy legs has had most of the benefit already. Saying 'it didn't work' teaches them to try harder next time, and trying harder is the one thing certain to keep them up.]

The whole rainbow is in you now. Heavy feet. Warm tummy. Tingly arms. Soft breathing. Cool throat. Still eyes. Light head. *[pause for 15 seconds]*

You don't have to do anything else. You don't have to remember any of it. The colours stay whether you think about them or not. *[pause for 20 seconds]*

Just be heavy. And warm. And soft. *[pause for 20 seconds]*

Goodnight. *[pause for 30 seconds, then stop talking and leave the room quietly]*

USAGE

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