

Hero Rangers Script

Hello, _____ . You have been selected by the Hero Rangers Headquarters for a special training as a Junior Hero Ranger. For your training, the Hero Rangers Central Command has asked that you go on a special mission to deliver a healing crystal to the Hero Rangers Headquarters. The healing crystal is very important. It has a soft blue light that shines and gives healing energy to Hero Rangers when they need it. The healing crystal will give you healing energy too if you need it. For each healing crystal that you deliver to the Hero Rangers Headquarters, you will receive a star from the Hero Rangers Central Command. But, you can only deliver one crystal at a time. So, the more missions you take, the more healing crystals you will be deliver, & the more stars you will receive from the Hero Rangers Central Command. Got it? Very Good!

In order to lead this mission, you will be appointed to the position of Junior Captain. All you have to do is close your eyes, breathe, listen to this tape, follow the instructions & use your imagination.

First, Junior Captain _____, you must suit up in a special Junior Hero Rangers Uniform that has been made just for you. Your uniform has just been brought to you. Can you see it? It is black & looks exactly like a Hero Rangers Uniform, but in your size. It even has your name on it. Can you see your name sewn on a white patch on the left pocket? It reads Junior Captain _____ in black letters so everyone can see your special rank. Go ahead & put on your uniform. Feel the sleeves as your hands pass through it. Notice how the pants fit perfectly. Can you see yourself in the mirror? Do you notice the brand new smell of your uniform. You are now ready for your mission.

You have been brought to the flight deck where a special jet plane has been prepared for you. It has your name painted on the outside in black letters, Junior Captain _____. Can you see your name on the outside of your plane? The cockpit is all set up for you with the flight plan to Hero Rangers Headquarters already programmed into the computer. The healing crystal has been placed on the chair next to you in a special see through box. Can you see the healing crystal with its soft blue light glowing through the box? Check to see that the crystal is strapped on to the chair. Ok, all you have to do is sit in the pilot's chair. Notice how the chair fits you perfectly. Don't forget to buckle your seat belt too.

The control tower has cleared your plane for take off. The plane will take off automatically after you breathe naturally the Hero Ranger way. All Hero Ranger pilots breathe in slowly through their noses, count to three, then breathe out slowly through their mouths and count to three. Inhale 1-2-3, exhale 1-2-3, inhale 1-2-3, exhale 1-2-3 ... inhale 1-2-3, exhale 1-2-3 ... inhale 1-2-3, exhale 1-2-3 ... You've got your plane to move down the runway. Good job, Junior Captain _____!. Keep up the breathing.

And you have lift off! Do you feel your plane tilting as the nose of the plane tips up? Now, you have reached cruising altitude and your plane has leveled off. Your plane will continue to head towards Hero Rangers Headquarters. All you have to do is continue to breathe naturally the Hero Rangers way. Inhale 1-2-3, exhale 1-2-3, inhale 1-2-3, exhale 1-2-3 ... inhale 1-2-3, exhale 1-2-3 ... inhale 1-2-3, exhale 1-2-3 ... You are doing a terrific job, Junior Captain _____. Keep up the breathing.

Now, the plane has to make two turns in order to get to Hero Rangers Headquarters. To make the first right hand turn, focus on your right hand. Look down at your right hand. Squeeze your right hand just like you would squeeze a lemon to make lemonade. Squeeze it as best you can. Now, open your right hand & release the lemon. Count to five, one—two—three—four--five. Can you feel your fingers relaxing? Very good, Junior Captain _____. Now, you have to do this one more time to get the plane to complete its turn right. So, here we go. Squeeze your right hand just like you would squeeze a lemon to make lemonade. Squeeze it as best you can. Now, you're your right hand & release the lemon. Count to five, one—two—three—four--five. Feel your fingers relaxing? And, your plane has completed its right hand turn. Very Good, Junior Captain _____. You are doing an excellent job as a pilot! Be sure to continue your Hero Rangers breathing. Inhale 1-2-3, exhale 1-2-3, inhale 1-2-3, exhale 1-2-3 ... inhale 1-2-3, exhale 1-2-3 ... inhale 1-2-3, exhale 1-2-3 ... Excellent job, Junior Captain _____. You have got your plane going in the right direction.

Now, you are ready to make the second turn. This time you will guide your plane to make a left hand turn by focusing on your left hand. Look down at your left hand. Squeeze your left hand just like you would squeeze a lemon to make lemonade. Squeeze it as best you can. Now, open you left hand & release the lemon. Count to five, one—two—three—four--five. Can you feel your fingers relaxing? Very good, Junior Captain _____. Now, you have to do this one more time to get the plane to complete its left hand turn. So, here we go. Squeeze your left hand just like you would squeeze a lemon to make lemonade. Squeeze it as best you can. Now, open your left hand & release the lemon. Count to five, one—two—three—four--five. Can you feel your fingers relaxing? And, your plane is turning to the left. Very Good, Junior Captain _____. You are doing an excellent job as a pilot! Be sure to continue your Hero Rangers breathing. Inhale 1-2-3, exhale 1-2-3, inhale 1-2-3, exhale 1-2-3 ... inhale 1-2-3, exhale 1-2-3 ... inhale 1-2-3, exhale 1-2-3 ... Excellent flying, Junior Captain.

You are nearing Hero Rangers Headquarters. The final phase of your mission is to land the plane. All you have to do is focus on your toes. Look at your toes. Point your toes forward as far as you can. Now relax your toes and count to five, one—two—three—four--five. Notice how your toes have relaxed. Very good, Junior Captain _____. Now, you have to do this one more time to get the plane to come to a complete stop. So, here we go. Point your toes forward as much as you can. Now relax your toes and count to five, one—two—three—four--five. Feel your toes relaxed. And, your plane has landed. Very Good, Junior Captain _____. You are doing an excellent job as a pilot! Be sure to continue your Hero Rangers breathing and

your plane will come to a stop. Inhale 1-2-3, exhale 1-2-3, inhale 1-2-3, exhale 1-2-3 ... inhale 1-2-3, exhale 1-2-3 ... inhale 1-2-3, exhale 1-2-3 ... Excellent job, Junior Captain. Your plane has now arrived at Hero Rangers Headquarters.

Welcome to Hero Rangers Headquarters, Junior Captain _____! We have retrieved the healing crystal from your cockpit & delivered it to the sick bay. WE, of the Hero Rangers Central Command are so grateful that you have undertaken such a brave mission and completed it with great success! Your brave efforts to deliver the healing crystal will go to help many other Hero Rangers. Should you choose to take on more missions by listening to the tape again, we will welcome you back to Hero Rangers Headquarters. For your bravery, we have sewn a gold star on your Hero Rangers Uniform for you and everyone to see. When others see the gold star on your uniform, they will know that you have completed a brave mission. Take care, Junior Captain _____ and Congratulations on your successful mission! We hope to see you again!