

## Pirate Relaxation Script

You, \_\_\_\_\_, are the strongest, most famous pirate on the Seven seas and you've just returned from long months on the ocean, sailing and sailing in search of ancient hidden treasure. You have returned home to your family and friends. After all your travels you are ready to relax at home. You are sitting in a magnificent throne with your legs in front of you, your feet at rest on the ground covered in piles of gold doubloons. Your arms are resting on the golden arms of the throne. You take a breath in and slowly breathe out as you think about your travels. You take another breath in and slowly breathe out as you imagine the bright sun reflecting on the ocean. You slowly breathe in and out several times. It's good to be home, resting.

Now you clench your hands into tight fists, squeezing the jewels you brought home. Your hands are so tight as you squeeze the rubies and diamonds. You relax your hands, letting the jewels drop on the floor. Your hands feel warm and relaxed. You squeeze one more time....

You are thinking about how brave of a pirate you are and how strong you are. You raise your arms to show your muscles. You squeeze your arm muscles tight, showing your strong arms. And then you relax and let your arms fall down and rest on the arms of your throne. It feels so nice to relax after all your travels.

Oh, here comes your parrot flying over to sit on your shoulder. He lands on your shoulders and he feels too heavy. You shrug your shoulders up tight to try to get him to leave. He flies away and you relax your shoulders and settle back into your throne.

You stretch your legs out in front of you and think back to the sandy beaches you visited on your travels. You squeeze the sand with your toes. You feel the warm grainy texture of the sand. Squeezing all the sand tight between your toes...then release your toes and let your feet and toes and legs relax. Now you kick out the heel of your pirate boots, and stretch your weary legs. Then you let your legs fall back to the ground and relax. It feels so good to relax your body. You are taking slow smooth breaths, settling back into your throne and relaxing more and more.

You are thinking what a great pirate you are and you say Arrrr and squeeze your jaw muscles tight. Then you relax. Your face feels much better relaxed. Next you push your eyebrows down like you are squinting into the sun. Focus on the tightness in your face. Now relax. Here comes the parrot again, as he flies by he brushes your nose with his feathers. You scrunch up your nose tight because it itches. Then you relax your nose. You are remembering all your travels and how you had to squeeze your eyes tight to see far away...keeping your eyes closed you squeeze tight and then relax. You yawn big, stretching your mouth tight...then you relax. Your face feels warm and relaxed. Your body is resting in the throne and you are breathing slow and smooth. It feels so nice to relax.