



## **Dream Starter: A Surprise for the Flower Fairies**

Dream Starters are visualizations which promote relaxation, imagination and well-being as they guide children into the world of dreams. Reading Dream Starters the same way you would a bed time story will help any child fall asleep naturally.

### **Getting Ready**

To prepare for these dream starters, create a quiet comfortable atmosphere in which your child can relax.

#### **Step One ~ Progressive Relaxation, Tensing & Relaxing Muscle Groups**

Have your child lie down in their bed. Using the following directions, have your child lift each arm and leg individually, holding each limb tightly before loosely flopping it down on their bed. Then have them wrinkle their face and hold their eyes tightly closed, before relaxing their face. Tense each muscle group for at least 5 seconds.

#### **Step Two ~ Focus on the breath**

Have your child get very quiet and watch their own breath go in and out slowly.

#### **Step Three ~ Creative Visualization**

When your child is relaxed, slowly read (or tell) the Dream Starter story. Of course, feel free to modify it according to your child's age and interests.



## **It's Time to Get Ready...**

**Make a muscle with both arms and show me how strong you are.  
Hold your fists tight. Keep showing me your strong muscles.  
Hold it... Hold it... And relax.**

**Now wrinkle up your face so that it looks like a raisin.  
Wrinkle your forehead as you tightly close your eyes.  
Hold... Hold... Hold... Now relax.**

**Open your mouth as wide as you can.  
Wider... Wider... Wider... Now relax.**

**Bring your shoulders all the way up to your ears.  
Hold it... Hold it... Hold it... Relax.**

**As you take in a deep breath, pull your shoulders so far back  
that they try to touch each other.  
Hold it... Hold it... Hold it... Relax.**

**Take a deep breath in and push your belly out.  
Hold it... Hold it... Hold it... Relax.**

**Straighten both of your legs and point your toes back  
toward your face. Keep your legs as straight as you can.  
Hold it... Hold it... Hold it... Relax.**

**Straighten both of your legs, point your toes away from you  
and tighten your bottom.  
Hold it... Hold it... Hold it... Relax.**

**Take a deep breath in and as you breathe out, relax your whole body.**

*(Now have your child quietly focus on his breath for a minute or two.)*



## **A Surprise for the Flower Fairies**

**Tonight, when you arrive in Dream Land, the Dream Maker and a group of dreaming children have already gathered outside the crystal dome of the Dream Academy. The Dream Maker's floor length pumpkin colored gown and cape is blowing in the autumn breeze.**

**She smiles at you and says, "Welcome to Dream Land; I'm so glad you're here." Her eyes sparkle brightly as she says, "I have a very special dream planned for tonight. We're going to surprise the flower fairies by bringing them pumpkins. They can play inside the pumpkins as the weather gets cooler. This year, there is a very special pumpkin crop growing in the Forest of Dreams."**

**She beckons you and the others to follow her as she ducks under the branches of the nearby Willow tree. Then she says, "Leave any problems or troubles that you may have on Willow's strong branches. Willow and Mother Earth will work on them so you're free to dream." (Pause) When everyone has finished, Willow's huge, sturdy trunk begins to sparkle and the secret door on his trunk slowly swings open.**

**You and the other dreamers follow the Dream Maker through Willow's door and step into his trunk. You find yourself at the top of a long slide which will take you down to the Forest of Dreams. The Dream Maker begins sliding down first. You sit down behind her and slide down, down, down — toward the Forest of Dreams. Sparkling flecks of glittery dream light the way as you slide behind her—down, down, down, toward the Forest of Dreams.**

**Finally, you reach the bottom of the slide and find yourself in the beautiful forest. You see thousands of trees with orange, red, and golden autumn leaves that shimmer in the moonlight. Just ahead, there is a path that leads to the pumpkin patch. "Go on ahead," says the Dream Maker. "Each of you can choose a pumpkin to give to the Flower Fairies."**



Unlike the pumpkins that grow on Earth, this magical pumpkin patch is filled with jack-o-lanterns--with cut out eyes, noses and mouths. You begin walking up and down the rows of pumpkins, trying to decide just which one to choose. You hear a faint noise and are very quiet so that you can discern what it is. A cute little voice says, "Pick me; please pick me." You look down and see that the voice is coming from a jack-o-lantern that is right by your feet. The jack-o-lantern is unusually tall and thin and has a nose and eyes that are shaped like triangles. His grin is big and toothy and you can't help but smile at him. You bend down and carefully pick him up. He tells you that his name is J-Jay the Jack-O-Lantern. You thank J-Jay for helping you to pick him. While the other dreamers finish choosing their pumpkins, J-Jay tells you stories about the magical pumpkin patch. It seems that the Dream Maker herself plants the magical pumpkin seeds each and every spring. (Pause)

When everyone has chosen their pumpkin the Dream Maker says, "The flower fairies live at the end of this path in a field of flowers. Come on, we're almost there." Squirrels, birds, frogs and rabbits join your procession as you head down the path. They want to see you surprise the beloved flower fairies.

Soon, you arrive at the edge of the field of flowers. The Dream Maker puts a finger in front of her mouth signaling everyone to be quiet. The squirrels stop chattering, the birds stop chirping, and the frogs stop croaking. You and the other dreamers stop talking and laughing. The forest is quiet except for the sound of a soft breeze that rustles the forest leaves. (Pause)

"The flower fairies are sound asleep," whispers the Dream Maker. She points to a nearby group of blue and yellow flowers. "They're curled up inside those flower petals. Let's set the pumpkins down right next to them. That way the fairies will see the jack-o-lanterns as soon as they wake up." You and the other dreamers tiptoe carefully so that you don't step on the flowers as you gently set the jack-o-lanterns down. Then, your little group hides behind some near-by bushes. A silvery-gray bunny rabbit curls up on your lap and you gently stroke his soft fur.



**You wait and wait and wait and wait for the flower fairies to wake up. Finally, J-Jay the jack-o-lantern can't stand to wait any longer. He begins to whisper, "Surprise, surprise, surprise!" Still, the flower fairies don't wake up. The other jack-o-lanterns join in the refrain—"Surprise, surprise, surprise!"**

**The flower petals begin to rustle. You see one little fairy's head pop out of a flower — then another — and yet another. Each flower fairy is wearing an upside down flower on his or her head. The petals hang down like brightly colored hair. They push the petals away from their sleepy eyes. Then, they rub their eyes as if they can't quite believe what they're seeing. The flower fairies quickly shimmy down the flower stems and run from one jack-o-lantern to another. Their silvery laughter rings throughout Dream Land. To the flower fairies, the jack-o-lanterns are the size of houses. And it doesn't take them long to discover that each jack-o-lantern has its own door carved into the back. Each fairy chooses a jack-o-lantern house and goes inside. You laugh as you watch their happy little faces peeking out the noses and mouths of the jack-o-lanterns.**

**It's fun to watch the flower fairies play. You wish you could play with them but they're so small that you might accidentally step on one of them. The Dream Maker hears your thoughts and hands you, and each of the other dreamers, a small pouch that's filled with magical dream dust. When you sprinkle a little dream dust on yourself you get smaller and smaller and smaller still. Finally, you're only two inches tall — and just the right size to play with the flower fairies. You and the other tiny dreamers run down to the village of jack-o-lantern houses and meet the fairies. They thank you for bringing them the jack-o-lanterns.**

**You hear J-Jay calling out to you. "Come inside." You can't believe how big J-Jay seems now that you're so small. You open J-Jay's back door, step inside his pumpkin shell, and make friends with a flower fairy named Sandy. The orange petals from the flower on Sandy's head droop down on her red hair and cover part of her little freckled face. After exploring every inch of J-Jay's pumpkin shell you and Sandy go outside to play hide and go seek with the other children**



**and flower fairies. When you're only two inches tall, you discover that there are a lot of great places to hide. Once you hide behind a small pebble and then underneath a twig. (Pause)**

**You're getting tired and so is everyone else. The flower fairies begin climbing up flower stems. They're ready to go back to sleep. Like you, they need their rest. When they get to the top of a flower, they snuggle up inside the soft petals. Sandy climbs up the waxy green stem of a blue flower that is growing right next to J-Jay. She reaches her hand down and helps you up. You follow her as she climbs into the flower's welcoming petals. There is plenty of room for both of you to lie down comfortably. The blue petals are velvety soft and they smell ever so sweet. You close your eyes and breathe in the sweet scent. Soon, you hear Sandy's soft, steady breathing and realize that she is sound asleep. You are very, very comfortable. From far away you hear the Dream Maker's voice whisper, "Stay here and sleep for as long as you'd like. When you're ready to go home, simply sprinkle a little dream dust on yourself. Its magic will take you back to your own cozy bed. (Pause) Sweet dreams."**