



Dream Starter: Dream Delivery

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.)



Dream Delivery

Tonight when you arrive in Dream Land, it's aglow with red and pink sparkling hearts. They are hanging from each and every tree. When you walk near them, the paper hearts begin to sway back and forth—as if to say hello. You reach up to try and touch a heart and it playfully darts just out of your reach.

Then, the colorful crystal mountains of Dream Land begin to hum. This means that the Dream Academy is ready to begin. You and the other dreaming children run over to the crystal dome of the Dream Academy. A heart-shaped note has been posted on the door. It tells you to come inside. You and the other dreamers walk down the hallway and into your classroom. The Dream Maker is standing next to a large heart-shaped table that she set up in the middle of your classroom. Everything you need to make beautiful Valentine cards is on the table. There is colored paper, crayons, pens, markers, paints and paintbrushes, scissors, glue sticks, and even envelopes. Just in case you need a little magic, there is a jar of glittery dream dust in the center of the table.

“Good evening Dreamers,” says the Dream Maker. She smiles excitedly at you. “Tonight, you’ll be making Valentine cards. Giving Valentine cards is a wonderful way to let your friends and family know that you care about them.”

She asks you to be quiet for just a moment as you think about the people you care about. (Pause) Wouldn't they love to get a special valentine from you? (Pause) If you'd like to, you can make cards for your mom and dad, your brothers and sisters, cousins, grandparents, friends, and for your teacher. (Pause) It's time to get started. Choose some paper and begin making your valentines.



When a card is finished, put it in an envelope. Write the name of the person on the outside of it. If you don't know how to write the person's name, take a sprinkling of dream dust from the center of the table—think of the person—and the dream dust will write the name in sparkling glitter. Make as many cards as you'd like. (Pause)

When everyone has finished, the Dream Makers gives you and each of the other children a mail bag. Carefully put your precious valentine cards inside. You will be delivering them, but first, you and the other dreamers need to clean up your mess. The Dream Maker tells you to sprinkle a little dream dust on the table and on the floor. Watch as the scraps of paper magically become beautiful Valentine decorations. You and the other dreamers hang them up on the walls of your classroom. (Pause) It looks beautiful!

Now that the Dream Academy is ship-shape, it's time to deliver your Valentines. The Dream Maker says that the fastest and most efficient way to deliver them is by Dream Delivery. You and each of the other children pick up your bag of Valentines and follow the Dream Maker down the hallway and then outside the door. There, you are surprised to see a fleet of mail delivery trucks parked in a line that encircles all the way around the Dream Academy. There is a truck for you and for each of the other dreamers. Each truck has been decorated with an assortment of red and pink valentines.

You climb into the very first truck and are a little surprised when the heart on the dashboard speaks to you. "My name is Val," says your mail truck. In the center of the heart, you notice that there is a mail slot. Val says, "When you drop a Valentine card in my slot, I'll take you to that person's address. But first, you need to buckle your seatbelt." After securely buckling your seatbelt, you reach into your mailbag and drop the first valentine card into the slot. "Here we go," says Val.



The Dream Maker waves at you as you begin flying down to Earth to deliver your valentines. You take a look back and see that the other dreamers are also taking off in their mail delivery trucks. You wave at them and they smile at you and wave back. Beautiful sparkling stars light up the sky and a soft breeze gently blows through the open windows. (Pause) Down below, you see the beautiful Earth. It looks like a gigantic blue and green ball. Val flies lower and lower and finally, her wheels gently touch down on the street. It is very late and there are no other cars or trucks on the road. Everyone is asleep.

Val takes you to deliver the first valentine card. You don't need to get out of the comfortable truck. Just reach your hand out the window and carefully set the card in the mailbox. Each time you put another Valentine into the slot on the heart, Val says, "Special Delivery—the Dream Delivery is on its way." Then, she takes you to the person's mailbox. She never gets lost. One by one, you deliver each and every one of your valentines. Finally, all your cards have been delivered and it's time for you to go back to bed.

Val drives you home and parks just outside your home. The heart on her dashboard sparkles brightly and two valentine cards pop up like toast from a toaster. Val tells you shyly that they're for you. You thank Val, tell her good-bye and get out of the truck. She honks her horn softly to say good-bye. Then she begins flying back to Dream Land. You walk inside with your valentine cards and climb into your own cozy bed.



Before you go back to sleep, you open your valentine cards. One is from Val, and the other is from the Dream Maker. They both wanted you to know how wonderful they think you are. The cards make you feel very happy. And then you feel happier still as you think about all the people who will receive a valentine card from you. Close your eyes and feel the warmth in your heart as you think about how surprised and happy your friends and family will be when they open your valentine cards.

As you drift back to dreamland, listen to your own breath. In and out, in and out, in and out.

When you're ready, you can go on another dream flight. Have fun. Good-night!