Hedgehog Meditation

Wellbeing Warrior Award
Wisdom Quest

WILDLING WELLBEING

Hedgehog Meditation

If you feel yourself getting spiky and angry or afraid and want to curl up in a hedgie ball that is a good way to help you feel safe

The trick is to know how to uncurl. The best way to do this is slowly, one spike at a time. Every time you calm a spike take a deep Wildling Breath and say "I can calm my spikes"

Take a breath and imagine each of your spikes is calming down and going flat

As you flatten each of your spikes with big Wildling Breaths, feel the spiky feeling leaving your body as well.

Slowly stretch out your body and feel all the spiky angry or afraid feelings floating away

When you feel calm, thank Hedgie for keeping you safe and tell him you can handle it from here. You can aways use Hedgie's help but remember to calm your spikes again!