

The Music Carpet Ride

When helping children "Find Calm" at home or in the classroom, on occasion they will tell us, "I can't calm down." We introduce calm as a place to go, not an up or down, right or wrong. The Music Carpet ride is a way to introduce a state of mindful calm through imagination and music.

Here's what you say and do:

"Hey everyone, we are going to use our imaginations now. I am going to hand each of you, your own pretend magic carpet. You may close your eyes if you wish. Imagine climbing onto your magic carpet. It will magically transform into a Music Carpet, when I turn on a special song. You may sit or lay on your pretend carpet in your mind. You need to do only one thing, ride on your music carpet up and down the music as you soar through the air. Ready to pretend we are riding music carpets? We will ride the music for just a few minutes, you may listen now. Let's fly."



For grade school or high school students, make sure the children are seated safely with their hands to themselves as they ride the music carpet. You can also use it with younger children in circle time, with their eyes open and you can gesture that you are soaring. Choose any music that evokes riding up and down the waves of the music.