Little Monster Audio Script

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Description

Get into little space as you feel your rambunctious energy take hold. It's time to play monster! Pick your creature, and follow the steps to prepare for your super official monster test! Will you be a rascally widdle werewolf? A sneaky vampire? Grab some monster snacks and get ready to run amok for a little while, but not before you finish a crash course with Champ!

Warning Bigs beware - Get your pacifiers and harnesses ready. Your kiddo is going to be a handful for just a bit after listening to this one! (Post-hypnotic suggestion) **Warning**

Intro

So, I heard somebody's ready to be a little monster. Well, it's not so easy. First, you gotta practice. Then you gotta take the monster test. As your caretaker monster, it's my responsibility to teach you all you need to know. Ok? Ok. So if you want to be a little monster, you're gonna need a few things to help you practice:

First, you'll need a nice open space big enough to move around in safely

Second, you'll need to be able to make lots of noise cuz little monsters can be pretty noisy

Third, you'll want to get some monster food - whatever food or snack you might want to eat as a little monster

Finally, if it helps, you may want to have a mirror, or somewhere you can see what you look like

And if any of these things aren't available, that's okay. You can imagine those parts instead. Go ahead and get some monster food, put on your best monster face, and let's get ready to be little monsters. You can pause the recording now if you need to. Are you ready to practice being a little monster? Good...

Induction

As I count down from 10, you can just close your eyes, and relax... (10) focus on my voice (9) As you return to that familiar relaxing feeling (8) of listening to my voice (7) and following along (6) into a nice relaxing trance (5) deeper and deeper (4) so relaxed (3) the deeper you go (2) the more relaxed you become (1) as you finally enter trance in (0) deep sleep, completely relaxed, deep in trance, completely ready to be hypnotized.

Body

Hello there, little one. Here you are again with your monster caretaker. Listening to my voice. Feeling nice and relaxed. Feeling so good. And you know why you are here, don't you, my little terror? You're here, because you're ready to play! And you know how you wanna play don't you? That's right, you wanna play monster. Doesn't that sound frightfully fun? If you think that sounds like fun, make your best little monster sound for me!

That's the way! Very good. You even made me jump a little. And right you are, little monster. It is fun to be a little monster. And you're pretty good at it too! I think you're ready to get started.

So just what kind of little monster will you be? Will you be a rascally widdle werewolf? A sneaky vampire? A giggling ghost? A zany zombie? A waddling witch, wizard, or warlock? Think about just what kind of monster you want to be, and say it out loud on the count of three... one... two... three... what do you want to be?

Very good. And that's exactly what you shall become, my little monster.

Do you hear that chime? That means it's time for your monster transformation. Soon, you'll look and feel just like the little monster you want to be. Yes, in fact, I can see a little change happening now. Close your eyes, and let a silly smile creeeeep across your face. Feel that special tingly sensation that tells you that the magical change is taking effect. Yes, I'll bet you can already feel those small changes occurring as you begin to transform... yes, and as you begin to transform, you can feel all that happy excited energy bubbling up... that fun energy that little monsters feel... and you know that means that the magic is working... transforming you... into the rambunctious little monster you want to be... ready to run around and cause a rumpus!

And as your change completes, you can look at yourself and feel like that little monster. Little monsters have lots of energy. As a matter of fact, little monsters like to zoom around because they're so excited. But before you go terrorizing the

neighborhood, you've gotta get official monster cred from another monster - like me. And you'll have to practice if you want to pass the monster test to become an official little monster, so let's get started.

- First, we gotta practice our monster faces. You can look in a mirror if it helps, but as long as you practice, I'm sure you'll make a great monster face.
    - Let's see those monster teethies!
    - Now let's try a monster smile
    - And a monster frown
    - Let's see your best excited monster face!
    - And how about your surprised monster face?
    - Very good! You look exactly like a little monster should
- Next, we gotta practice moving like monsters.
    - Let's practice our monster foot stomps and use up some of that little monster energy!
    - Let's practice moving like a monster - flapping, shuffling, skulking, clomping, stomping, or any other movement you do!
    - Great job moving like a little monster!
- Little monsters are cute and sometimes noisy without their pacifiers because little monsters love to make monster noises! Let's practice our monster noises before we put in your pacifier
    - Little baby wolf howl 'awoooo'
    - Vampire 'blah bleh blah'
    - Dragon dino 'rah rawr'
    - Mummy/zombie [moan]
    - Your choice...
    - Okay, I think you're almost ready, little monster!

- The last thing we should practice is eating like a monster, so get some monster food and let's practice!
    - Okay, let's see your monster food...
    - Okay, time to practice eating like a monster... Don't eat it all now, save some for the test... Take a big bite... don't forget to use your monster noises and monster face...

  Okay, I think you're ready. It's time for the monster test.

- Let's see your monster face
- Let's see your monster moves
- Let's see... your monster noises!
- And show me how a monster eats...
- Now put it all together, and be a little monster...

Okay, you've passed. Great job! You're a little monster now, and you're ready to have fun the best way little monsters know how to. Let's celebrate with our best monster howl, cackle, or other monster sound. On the count of three, okay? One, two, three...

Oh, well done, you're quite the little monster!

And for the rest of the evening, you can enjoy being a little monster to your heart's content until you're ready to stop playing monster.

End

On the count of five, you'll awaken from your trance, and you'll be able to have fun playing monster until you're ready to take a break. Counting up now, 1... 2... 3... 4... 5... refreshed and awake. Remembering how much fun you had learning to be a little monster. Now go forth and commit your monstery mischief!