



Meditation For Kids

THIS MEDITATION IS A RELAXATION EXERCISE TO HELP YOUR CHILD FEEL CALM AND AT PEACE

You may sit on a chair or lie down on a thick rug or the bed.

Close your eyes, wiggle your body and try get comfy.

Now take a deep breath in and let that breath out slowly and fully like you are blowing out a candle.

Breathe in deeply once again.

Breathe out slowly.

Today we are going to learn how to relax your mind and body.

As you breathe in...and breathe out - feel your body relax.

Let your shoulders drop and your hands go limp, let your body feel like its soft and floating.

See how relaxed you feel?

As you continue to breathe - feel your whole body get warm and comfortable.

You feel safe and loved.

We can all feel relaxed when we breathe deeply.

PAUSE - Allow a few breaths here

Now imagine your body is like a balloon.

When you breathe in, feel your chest and tummy expand like a balloon filling with air.

When you breathe out imagine your body is like a balloon shrinking with all the air being let out.

Breathe in like a balloon being blown up.

Breathe out like a balloon who's air has been let out.

As you continue to breathe in...and breathe out, feel your whole body relax.

Your shoulders, arms and legs are soft and relaxed.

You feel as light as a feather floating peacefully across the sky.

You feel safe, warm and at peace.

Remember you can pretend to be like a feather whenever you need to relax or calm down.

Your relaxation has come to an end.

Keep your eyes closed while you wake up your body. Wiggle your toes and fingers.

You can now open your eyes.

You did a great job. Well Done!

