

A 10-Minute Meditation for Kids

Introduction: (1 minute) *Find a quiet place where you won't be disturbed. Sit comfortably on the floor or on a chair. Close your eyes or gently lower your eyelids.*

"Let's go on a special journey, right now. A journey inside ourselves. Let's find a quiet place in our minds. Imagine a beautiful garden. It's your special garden. It's full of your favorite flowers and trees. Can you see it? It's a safe and happy place."

Body Scan: (3 minutes) *Start with the toes, moving slowly up the body.*

"Let's check in with our bodies. Wiggle your toes. Feel your feet on the ground. Are they warm or cool? Now, feel your legs. Can you feel the ground under your knees? Take a deep breath in and out. Feel your tummy go up and down. Your hands are resting softly. Feel the air on your skin. Take another deep breath."

Visualization: (3 minutes) *Guide the children to imagine a peaceful scene.*

"Let's visit our garden again. Imagine the sun is shining warmly. Can you hear the birds singing? Feel the gentle breeze on your face. Smell the sweet flowers. Maybe you see a butterfly fluttering around. It's peaceful and calm here. Stay here as long as you like."

Ending: (3 minutes) *Bring the children back to the present moment.*

"Take a deep breath in and out. Slowly open your eyes. You're back in your room. Stretch your arms and legs. Wiggle your toes and fingers. How do you feel? Calm and relaxed? Remember this feeling. You can come back to your garden anytime you like. Now, let's give ourselves a big clap for being such good listeners."

Additional Tips:

- Use a soft, calming voice.
- Play gentle, relaxing music in the background if desired.
- Encourage the children to practice meditation regularly.
- Be patient and understanding. Meditation is a new experience for many kids.

Remember, the goal is to create a relaxing and enjoyable experience for the children.

