

Teaching Meditation & Mindfulness to Children



WELLBEING
Bees



Coach Kat



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Guided Meditation

This short practice is to encourage children to be thankful for the people, pets, material objects, and anything that the world may bring them. **Gratitude** is a great practice which allows us to focus on things we're thankful for even in the toughest of times, or when we might be feeling low. It also teaches us to be thankful for the actual problem we're facing as it often helps us to grow as an individual, and deal with problems with less emotional chaos.

Guided Meditation

Structure:

- Settle- Become present
- Visualisation- Theme
- Awareness back to the body
- Awareness back the space



Themes to explore: Kindness, Love, peace, emotions, respect, fear, loss, acceptance, letting go

Dancing Meditation

Meditation is the deliberate and practiced art of concentrating, thinking, sorting out thoughts, prayer, and contemplation. This is a mental activity. When combined with the physical activity of dancing, the mind and body reach a higher level of both. To many, it is an ecstatic experience!



Benefits include:

- Experience physical, emotional & mental release
- Helps harness & direct energy
- Produces serotonin & joy!
- Keeps you fit!
- Creates connection with something bigger
- Connects you with inner child
- Reduces stress levels

Laughing Meditation

This meditation is supposed to be fun, and natural laughter is supposed to flow. The transcript is open to creativity and this is just a guideline to follow. Laughing meditation is not only hilarious, but also has benefits such as:

- lowering blood pressure
- exercise for your abdominal muscles
- improves sleep
- helps your oxygen intake
- makes you smile!



Mudra & Mantra Meditation



Dhyana

Mudra: Seal, symbolic hand positions, that create a gesture to help stimulate the various form of energy in the body. Brings balance, engages certain areas of our brain, exercises and influence body, mind, emotions, energy, spirit.

Mantra: Man- Mind Tra- Tool/instrument

Mantras are said to have the ability to help alter your subconscious impulses, habits, and afflictions.

When spoken or chanted, direct the healing power of Prana (life force energy) and, in traditional Vedic practices, can be used to energize and access spiritual states of consciousness. Mantra as a spiritual practice should be done on a regular basis for several months for its desired effects to take place.



Garuda



Padma



Hakini



Anjali

Yoga Nidra

A simple practice, scanning the different parts of the body and noticing what's going on. Perfect for naptime/bedtime as it's a laying down practice.

This practice focuses on one side of the body, and then shifts the awareness to the other side of the body. It helps us reconnect to the body by scanning each body part and simply noticing how it feels, it helps us to reduce anxiety and encourages deep relaxation.

Benefits include: Improves sleep, reduces stress and anxiety slows down brain waves so body can heal, help heal trauma, improves creativity

Tips on Yoga Nidra:

- Keep it simple for children, don't make your language too complicated.***
- Use an object to encourage focus***
- Bring colour into thought***

