



Guided meditation for Children (4-7mins) By Kat Herbert

Focus: *Gratitude*

The transcript may be adjusted according to age/teacher's preference. Creativity is encouraged to make the transcript your own style.*

First, let's get super comfy in our seated position! So you can sit on the floor with crossed legs, or on a chair, either one is okay. Now, make sure you've got a nice long back, and you're sitting up like a lovely tall tree. Wiggle your bum a little bit, make sure you're comfortable and when you're ready close your eyes.

Let's start by taking some nice deep breaths in through the nose and out through the mouth. 1,2,3.... slowing the breath down.. 4 5.

Now I'd like you to see some pictures in your head, just like when you're dreaming. I'd like you to picture a big yummy birthday cake in your head. Maybe this cake is chocolate, or it has strawberries, or rainbow coloured icing on it! It's your picture and you can see the cake however you choose. On this yummy cake there are 3 candles ready to be blown out.

Think of a person or a pet who you really love, who is really kind to you, and important in your life. You're going to blow out one candle and when you do I want you to think about that person in your mind and send a 'thank you' wish to them. When I count to three you're going to blow out one candle, with one big blow out through your mouth. 1,2,3!

There are 2 candles left. Now I want you to think of an object you really love, it could be your favourite toy, book, t-shirt, teddy.... you choose. We're going to do the same thing again, blow out the candle with a 'thank you' wish when I count to 3. 1,2,3! Very good!

There is 1 candle left on the cake. This candle is for you. This wish is to say 'thank you' to yourself and 'I am amazing'. Take one deep breath in through the nose and 1,2,3 blow your candle out and say out loud –Thank you! I am amazing. Slowly open your eyes, and smile at your friends and enjoy the rest of your day.



What is the objective of this gratitude 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.

This practice allows for creativity and it's perfect for ages 4+. I would suggest children over 7 years old can handle a more detailed guided meditation which would then further go on to thank the land/sea/universe and all beings on the planet. Furthermore, adding positive affirmations such as 'I am doing the best I can,' or 'I am strong/confident/kind' for the self-gratitude part of the mediation would be suitable. I strongly suggest practising gratitude yourself before teaching this so you understand the power it holds, and therefore your teachings will be more effective for your students.

If I was teaching this in a classroom, I would ask the children as a group to name people or material objects they really cherish, just to introduce the theme of gratitude. For younger students I would suggest using flashcards or drawings before you ask them to do the visualisation to make it easier for them to picture whatever it is your meditation is based on. For example, I would show the students a picture of a birthday cake and start a little discussion about that to ignite imagery and ideas in their minds.

Other imagery ideas:

- Throwing a stone into a well/the sea
- Blowing the seeds on a dandelion
- Posting a letter /writing a thank you card

Time suggestion:

- 4-6years= 4-5 minutes • 7+ years = 5-10 minutes



Laughing Meditation For Children

Warm up:

Clapping: Start the class by clapping. A one beat slow clap then adding in ha. Depending on the kids age you can change the speed or rhythm to suit the interest of the group for example; loudly chanting *HAHAHA* and 3 clap rhythm, making the sounds softer and clapping softer, speeding up getting faster and slowing down again.

- 2-3 rhythm *ho ho ha ha ha* – Dip the knees *ho ho- clap ha ha ha* (clap hands over the head).
- Breathe in use your hands to show you're gathering all the air in, hold it! Hold it! And exhale laughing or forced laughing *hahaha* and turning around in a circle.

Swinging the arms up to one side: saying *ahhhhhhh-hahahaha* to the other side -imagine a pendulum swinging.

Standing poses: From a forward fold hand down chant *hohoho*, rolling up slowly into standing chant *hahaha*, hand stretched over head looking up chant *hehehe*.

Sitting poses: hands on stomach *hohoho*, hands on chest *haha*, hands in front of mouth *hehehe*.

Milkshake: imagine tipping milkshake into two glasses. *Woaaah woahhh* drink the milkshake ha ha ha.

Gibberish Talking: Sometimes we find it hard to say our words, so why not just act out talking in gibberish. Natural laughter will flow. Do this exercise sitting down.

Free Style laughing: laying on your back laugh as loud, strangely, randomly as you can for the next 1 minute. Natural laughter will flow let it out.

Closing: Deep breathing in shavasana.



Yoga Nidra

The Practice- 10-15minutes

Find a nice comfortable place on the floor and lay down. You may use a pillow under your head, if you feel uncomfortable on the floor, and have a blanket by your side in case you feel a little bit cold. Wiggle around a little bit and get nice and comfortable, and when you're ready close your eyes. Take a nice big breath in through the nose and fill your belly up with air and let it out through your mouth with a big 'haaaaaaa' sound. Lay as still and quietly as you can. Take another big breath in through the nose fill up your belly as much as you can-and let the air out through your mouth with a 'haaaaaaa' sound. Again, lay super still and very quietly. And one more time take a big breath through the nose and out through the mouth 'haaaaa'.

Tense and release

Squeeze your fists as tight as you can, tighter and tighter, and gently relax and lay still. Continue this again for the same body part then moving onto (shoulders, feet & toes, legs, face).

Bend your knees placing your feet on the floor and stamp your feet as hard as you can, as if you were running, until I say stop. Stop!

Place your legs back down on the floor and lay quietly and still. Take a nice deep breath in through the nose and out the mouth. (repeat 1 more time).

Now time to get comfortable, if you feel a little bit cold cover yourself with a blanket, if you want to put your head on a pillow you can do that to. Remember, this isn't time to sleep, just relax and listen to my voice. We're simply going to tell each body part to relax and let go.

Keep your eyes closed and lay as still as you can, nice gentle breathing. Place your hands very softly on your head and whisper very quietly 'relax head', feel the head get heavier sinking into the ground. Relax eyes, mouth, face, shoulders, arms, chest, belly, legs, hands (onto the ground) and relax the toes.

Take some nice deep inhales through the nose and out the mouth. Feel your arms and legs becoming more relaxed, even getting heavier and heavier as they lay on the ground. Imagine something heavy is standing on your arms and legs, like a huge dinosaur! It's so heavy you can't get up, just let your body relax. Laying still like a statue, only your belly is moving up and down.

Now let's gently bring some movement back into the body, start wiggling your toes, and fingers. Shake your legs side to side, move your head very slowly side to side. Roll over to one side, keeping your eyes closed, use your arms to sit up very slowly. Come to a seated position, legs crossed, put your arms around yourself and give yourself a nice big hug. When you're ready open your eyes.



WELLBEING BEES

Dance Meditation Playlists:

<https://open.spotify.com/playlist/16nxlkZBLNnvZ8tCUuX4ub?si=d1tf3jCaQRSuzZ6Fuo7cTw>

Mantras & Mudra

♡ **Om Gurudeva Om ~**

To Honor the Divine in All

1. Anjali Mudra
2. Palms wide above head
3. Anjali Mudra above head
4. Palms together in circle (or towards screen if online)

<u>May the long time sun</u>	Circle arms around body, bringing palms together above the head in Anjali Mudra
Shine upon you	Hakini Mudra
All love surround you	Heart!
And the pure light	Padma Mudra
Within you	Anjali Mudra
Guide your way on	Garuda, Padma, Anjali
Guide your way on	Garuda, Padma, Anjali