

### Mindfulness Meditation For Kids ( 3-4 minutes)

Put your heads down and close your eyes. Notice your breathing. Is it fast? Is it slow.....

Relax your hands. Relax your body. Notice how your stomach goes in when you breathe in, and out when you breathe out.

Take a long, deep breath in through your nose, and breathe out through your mouth, fully and completely. Breathe like this a couple more times.

Now imagine your body. Notice parts that are hurt, or are tight or tense. Notice parts that feel comfortable and loose. (keep breathing)

Use your breath. When you find a part of your body that is tight or tense, send your breath there. Breathe out. Your breath can make that part of your body relaxed, loose. You are starting to feel calm.

Feel your head.....your face.....your shoulders.....your back.....your arms.....your hands.

Notice your stomach.....your legs.....your knees.....your feet. You are feeling totally and completely relaxed.

Notice the sounds in the room. The people moving, the building. Not thinking, just noticing and listening. Breathe slowly and easily, in and out.

Feel the chair under you where your body touches it. Feel your muscles relax as you breathe. Keep watching your breathing in and out, easy and peaceful.

Take a long, deep breath in through your nose, and breathe out through your mouth, fully and completely. Breathe like this a couple more times.

When you are ready, take a long, slow, deep breath in. Then breathe out completely and gently open your eyes.