

# CHILDREN'S GUIDED MEDITATIONS

5-Pack



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# Guide to Guided Meditation with Children

The benefits of meditation for children are limitless. By teaching our children how to control their mind and thoughts, we teach them how to better control their actions and really create a life that is full of compassion and love for all that surrounds them.

*Peace on Earth starts with our children.*

Here are some tips for creating a safe space for children to meditate:

- **Pick a time of day where your child is most relaxed, before bed is a great time to start, then as your child progresses in meditation, you can do at any time of day in any location. Outdoors makes for a fantastic experience.**
- **Have your child sit comfortably, or lay down to start.**
- **Be sure that you are in the right frame of mind. Calm, soothing and relaxed is an ideal state to guide a meditation.**
- **Speak slowly, leaving brief moments during the meditation for your child to be in the moment and visualize what you are saying.**
- **Ideally, eyes should be closed, but do not push this until the child is comfortable meditating.**
- **For children under the age of 8, less than 5 minutes is ideal, over 8 years old can go on to 10+ minutes of meditating.**
- **Start with short meditations, never forcing your child to do anything.**
- **Practice everyday and your child will gradually get faster and find deep relaxation quicker and quicker.**
- **Ask your child to share their experience or draw a picture of what they experienced.**
  - **Praise them for practicing mindful behaviours**



# Sleepy Time Meditation

*Start with 1 minute of the Just Breathe Meditation.*

Once your mind is clear and your body relaxed, close your eyes. Focus your attention on your feet. Squeeze and wiggle your toes, then relax them and thank your toes and feet for all the hard work they do for you. Breathe in deep, sending your breath all the way down to the tips of your toes. Your Feet are now completely relaxed and ready for sleep. Now, bring your attention to your ankles, squeeze or wiggle them, then tell them to relax and release all the tension from the day. Thank your ankles for all the hard work they do every day. Your ankles are now completely relaxed and ready for sleep. Now, bring your attention to your calves and shins, squeeze or wiggle them, then tell them to relax and release all the tension from the day. Thank your calves and shins for all the hard work they do every day. Your calves and shins are now completely relaxed and ready for sleep.....

Continue this process working your way up through all the body parts, ending last with the face, mouth, cheeks, eyes and forehead and finally the top of the head and hair. As the top of the head relaxes, sleep takes over the entire body and you will sleep soundly, safely and experience wonderful dreams, you will wake in the morning feeling refreshed and ready for a fantastic day!

\* Don't worry if your child falls asleep before you are finished, but if they do, be sure to continue the meditation through to the end. Speak with a very soft, slow voice, moving slowly through the body and meditation, pausing before moving to the next body part to allow time for your child to visualize. The more often this is practiced, the faster the child can relax and fall asleep.

*Benefit: sound sleeps, full body relaxation, better mornings and a happy mom!*

## Just Breathe Meditation

Start by finding a nice comfortable place to sit or lay down. Once you are comfortable, begin by breathing in through your nose and out through your mouth. Pay attention to the feeling of the air entering your nose, passing down your throat and into your chest. Breathe very slow and with purpose. As you breathe in, practice sending the breath deep into your belly, filling your belly up with air, then slowly letting the air out by pushing it out from your belly first, then your chest and finally out your nose or mouth. Breathe like this for 1 minute. As you breathe, feel your body relaxing. Close your eyes to enhance the experience. See how slow and deep you can breathe in and out. Count to 10 for every inhale and every exhale.



*Benefit: Calms nerves, eases physical ailments, relaxes body, teaches self-control.*

## Ice Cube Meditation

*Start with 1 minute of the Just Breathe Meditation.*

Once your mind is clear and your body relaxed, close your eyes and imagine that you are sitting on a big beautiful beach. The most beautiful place you have ever seen. Feel the breeze blowing on your face and smell the ocean air. Feel the warmth of the sun gently shining on you. Now, you realize that your body is made of water, it's an ice cube! As the warm sun shines on you, you begin to slowly melt, your energy begins to spread out, just like an ice cube melting would. Your energy is being absorbed by the ground below you and spread farther and farther apart until you have melted over the entire planet. All that you are, is now wrapped around the entire planet. This feels safe, comfortable and like a nice warm hug with someone you love. When you are ready, begin to bring back all your melted energy, sucking it back up from around the planet and back into your body. Once you have gathered all your energy back, wiggle your toes, legs, body, arms and head and open your eyes.

*Benefit: grounding, clarity and sharpen focus.*



## Be a Tree Meditation

*Start with 1 minute of the Just Breathe Meditation.*

Once your mind is clear and your body relaxed, close your eyes and bring your focus to your heart area. Feel your heart beating, or maybe a tingly sensation in your chest area. Imagine there is a bubble of your energy in your chest. Imagine being able to move this energy, and start to send it down through your body, and out the base of your spine. As your ball of energy leaves your spine, it looks like roots from a tree. You see the energy reaching and stretching down, down, down deep into the ground below you, wrapping your roots around the rocks and dirt deep in the Earth. Once your energy is tightly attached to the depths of the Earth, bring your ball of energy back up through the layers of the ground, out the top of the soil and back into your body, starting at the base of your spine and all the way up, up, up through your body until your bubble pops out the top of your head. As you look back down at yourself, you see you are now a tree! What kind of tree are you? Bring your bubble back down into your head and to your chest, feeling connected deeply to the Earth. Once you are back in your body, wiggle your toes, legs, body, arms and head and open your eyes.

*Benefit: grounding, clarity,  
security, connection and balance*



## Happy Place Meditation

*Start with 1 minute of the Just Breathe Meditation.*

Once your mind is clear and your body relaxed, close your eyes. Imagine you are outside, on the most beautiful summers day. It's warm and sunny and there are big white fluffy clouds floating in the sky. You are standing in a field and see a path that leads to the edge of a forest near by. You begin to follow the path, and as you do, butterflies, hummingbirds and wildlife begin to walk with you. You feel very safe, protected and loved. As you get closer to the edge of the forest, you realize there is a door. This door could be small or huge, any shape and colour you like. As you approach the door, you see it has your name written on it. This is the door to your Happy Place. You reach for the door handle and open the door, stepping through. As you step through, you are stepping into the most warm, safe and loving place you have ever been. This place is full of all the things that make you happy. It has your favourite smell, colours and things to do. This is your Happy Place, it has always been here for you and will always be here for you. You can come visit at any moment you want to, and you'll feel warm, safe and loved. When you are ready, it is time to leave this place, you step back out the door and follow the path back to the meadow. There is a bench that you sit on, close your eyes and begin to wiggle your toes, legs, body, arms and head and open your eyes.

*Benefit: security, increased  
imagination and balance*