

Simple and Effective FREE

guided meditation script



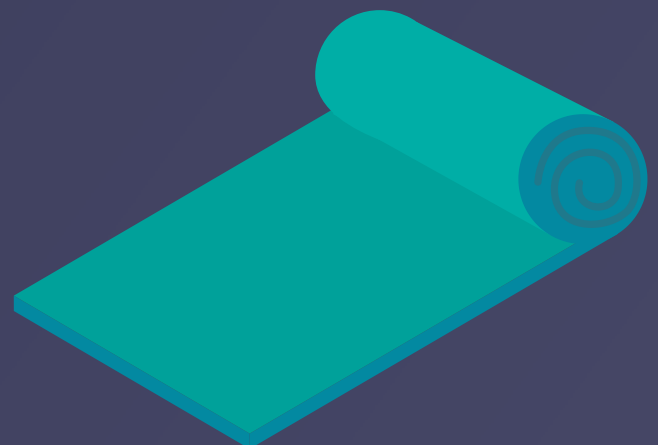


A free simple and effective guided meditation script for parents to use with children aged 4 to 10 years.

Guided Meditation focusing on your breath

- 4-10 years approx
- Can be read out for kids to follow along
- Duration 2-5 minutes
- Props: Yoga Mat or chair, or before bed, blanket, pillow and teddy (all optional)

Set up: This can be done before bed or in the evening time or just try at different times of the day





Find a comfortable, relaxing position either sitting or lying down. The child can lie on their back, side body or tummy- which ever feels good to them

You can close your eyes if you wish, if you are lying down you can try to look at your feet. Do what feels comfortable

You can lie on a pillow and place a blanket over you or place a teddy on your tummy which you can watch move up and down to your breath as you breathe in and out.

To begin:

Take a big breath in, fill up your tummy.

Now take a long breath out letting all the air out and emptying your tummy.

Try this again. Take a big breath in and then let it all out. Taking a big breath in and a long breath out. Fill up your tummy as you inhale and then let all the air out when you exhale



After a few moments or breaths, take some time to start to notice your breath.

(Parents/ adults can ask these questions gently)

Check in and see if you can notice where you can feel your breath?

Is it in your chest, in your tummy, in your throat?

Do you feel your chest rise as you breathe in and fall as you exhale out?

If you have a teddy on your tummy, do you see it rise and fall in time with your breathing?

Is your breath moving around your body?

Is it moving very fast and quick like a cheetah or is it moving slow and steady like a tortoise?

Does it move around your body like a butterfly dancing in the sunny sky?

Can you feel your breath in your arms, in your legs, in your tummy?





If children are new to meditation they may start for a few moments and build it up or you can carve out time to do it as a family or with siblings.

The more this is practiced, the more children learn to focus on their breath and allow periods of relaxation.

There is no right or wrong way to do this - even 30 seconds of breath awareness is calming on little bodies and minds.

If you would like to learn how to use kids yoga & mindfulness with the kids in your life in under 90 minutes sign up now for the Pretzel Play Foundation Workshop.

This accredited training workshop will enable you to learn easy to follow, evidenced based tools and techniques on how to implement kids yoga concepts and mindful meditation themes into the day to life of your children or the children you work with or at home.

Now, more than ever during these unprecedented times, children need these tools, techniques and information to manage their feelings, emotions and to have a tool belt with resources to manage times of adversity and difficulties.

The training is delivered in tangible, easy to follow sections with a focus on play and fun. Tara-Lea has taken her skills, knowledge and trainings and compiled evidenced based information that is delivered in a visually appealing and interactive way. www.pretzelplay.co.uk