



Lesson 2

Meditation for Kids

Say:

Ask: Have you ever learned to do something new, something that was really hard for you at first, and then you practiced a lot, maybe even for weeks or months or years, and it became easier? Tell about that time. (Teacher or parent can give a personal example.)

We have talked about using our breath to calm down our feelings of anger or upset, like the glitter in the jar. When we feel anxious, afraid, angry, or upset, we can calm down our minds by listening to our breathing and focusing on something in our imagination. When we are very upset, it's hard to do this, even for adults. We can practice doing this again and again when we are feeling good, so it gets easier to do when we are feeling bad. This is called "meditation."

We are going to listen to a meditation. Find a comfortable place to sit or lie down. Listen to the leader and try to make a picture in your mind while she talks.

Watch:

<https://www.youtube.com/watch?v=ZBnPlqQFPKs>

Discuss:

What did you see in your mind during the meditation?

How did your body and mind feel before the meditation, and how do they feel now? There is no right or wrong answer, just notice.

Wrap up:

Say: Next time you are angry or upset, notice what's happening in your body. Take some deep breaths and imagine the balloon or your favorite place from the meditation for a few minutes, so you can think clearly to solve your problem.



For more lessons like this one, visit us at www.projectmindandheart.org.