

5 Simple Meditations for Kids

1. THE BALLOON

Tell them to imagine a balloon in their favorite color. Then have them fill the balloon up with their breath, watching it expand in their mind and feel it expand in their belly. They can also use their arms, stretching out to the sides and up. When the balloon is full, slowly let the air out of the balloon (releasing their arms down, if they lifted them). Tell them to feel their body relax as the balloon releases its air.

2. BLOWING BUBBLES

With eyes closed, have them take a deep breath and as they exhale blow out like they're blowing bubbles. Then, for a few breaths, have them watch the bubbles as they float away!

3. THE RAINBOW

Have your child sit with eyes closed and their hands on their knees, palms up. Then, ask them to imagine a rainbow being created one color at a time. Each color arcs over them, from one hand to the other. They can do this one time through or as many times as they want.

4. BELLY BREATH

Have your child place one hand on their belly and one hand on their chest. Ask them to breathe and see which hand fills up first. Then tell them to try and fill up the belly hand more.

5. COUNTING BREATH

Have your child sit or lie down with eyes closed. Ask them to count their breath. Inhale 1, exhale 2, and so on. Have them start with 10 or 20, but they can count as high as they are able.