



guided relaxation

with Mellisa Dormoy
of Shambala Kids

"Bucket of Kindness"

*This meditation for kids is based on the book: **Have you Filled a Bucket Today: A Guide to Daily Happiness for Kids** by Carol McCloud. Relax with your child as you slowly and evenly read the following meditation.*

Close your eyes and take a very deep breath. Keep breathing deeply and feel the cool air come in through your nose and flow all the way down to your belly. Feel your belly extend as you breathe in.

Now, listen carefully to all the quiet sounds outside and around you. You may hear outside noises, maybe cars, birds or something else... just listen. Now, turn your focus within. Listen quietly to what you hear happening within your body.

Can you hear your heart beating? Can you hear your breath as you breathe slowly in and out? Maybe your tummy is making noises, or you're listening to the sound of your breath, or your heartbeat. Whatever is going on inside, just take time to listen.

Imagine now inside of you, there is a big beautiful bucket. Everyone has one though we can't see it with our eyes. When we feel good, our buckets are full. When we're feeling bad, our buckets are low... or even empty.

Did you know that when you fill someone else's bucket with kindness, helpfulness or even a smile, your own bucket gets filled up too? That's

actually the way we fill our buckets. When we share goodness and think happy thoughts, our buckets are filled with so much goodness.

When kind words are spoken, buckets get fuller. And when unkind words are spoken, buckets become a little emptier. We all want our buckets to be full of love, kindness, peacefulness, and happiness. Everyone does. So, we can make a choice each and every day to show loving kindness to others and help fill up their buckets. In doing so, our own bucket gets filled to the top and can even overflow with happiness!

Let's imagine for a moment a time when you might get upset with someone. What do you imagine is happening to your bucket? What's happening to the other person's bucket?

We don't want empty buckets because it doesn't feel nice inside. So your goal when you get upset is to talk about what you're feeling, without emptying your bucket or the other person's bucket. You can do it. Just imagine that bucket and keeping it full.

If your bucket ever feels low or empty – you can take in a deep breath and remember how loved you are. You can choose to be grateful for the good things and people you have in your life and focus on that.

Now when you're ready... take in a deep breath. Open your eyes and give your wonderful body a big wonderful stretch! You've done a great job!