

Guided Meditation

"Deep Breathing Relaxation"

Close your eyes and take in a very slow, deep breath. Continue breathing deeply and feel the air come in through your nose and flow all the way down to your belly. Feel your belly expand out as you breathe deeply.

Notice how the breath feels as it softly flows in through your nose, into your throat, and further and further down it goes. Make sure your belly is moving slowly up and down as you inhale and exhale.

Isn't it nice to feel this calm and quiet after the active day you've had?

It's really good for our bodies and our minds just to feel this calming breath flowing in and out. When we learn to pay attention to our breathing, we're actually practicing meditation.

Meditation helps us focus, and it gives us peace. Your body loves to be peaceful and calm. Meditation is simply being very focused and calm within.

If your mind wanders any time, that's fine. Just remember your deep breathing and feel the present moment again.

Now for this moment, just listen very carefully to all the quiet sounds all around you. You may hear outside noises.

You may hear cars, birds, or perhaps something else. It's perfectly okay. We're just learning to pay attention... so just listen.

(Pause)

Now, turn your focus inward. Listen very carefully and quietly to what you hear happening within your body.

Can you hear your heart beating?

(Pause)

Can you hear your breath as you breathe slowly and calmly in and out?

(Pause)

Maybe your tummy is making noises; maybe everything is very, very quiet. Whatever is going on inside, just take the time to listen very carefully and notice everything that's going on, on the inside.

(Pause)

Now, we will try something called box breathing. Follow my voice as you gently -

-inhale 2, 3, 4
-hold 2, 3, 4
-exhale 2, 3, 4
-hold 2, 3, 4

(do at least four rounds or follow your child's cues)

Allow the breath to fill up your whole body now and enjoy as the energy goes into each and every cell, muscle, and part of your body.

You know this breath is very special. It's part of the energy that flows in and out of us, and by working with our whole body, it keeps us feeling so good inside and out.

Try to spend a little time each day breathing like this. You'll be really amazed at how good it will make you feel all over.

Now when you're ready, you can open your eyes and give your body a big stretch.

