

Guided Meditation

"The Mindful Snowman"

Today we will go on a wonderful winter meditation journey using our mindfulness skills and our brilliant imagination.

Imagination unlocks the door to many wonderful adventures. These adventures take place inside our minds, but they can and do feel very real.

Close your eyes and take in a nice deep breath in through your nose. Now exhale out slowly. Feel the coolness of the air flowing in and out.

Take in another deep breath slowly, and gently breathe out.

Be still and listen to the quiet you hear within. Enjoy the velvety darkness behind your eyelids. Relax your whole body.

Maybe it's cold where you, but even if it's not, imagine a cold day outside in the snow-covered grass. Notice the gentle drifts of snow and how they glisten in the light.

The snow surrounds you and you begin to feel at one with it. In fact, you are part of it.

You realize that you are observing this winter wonderland as a big, fluffy snowman.

Someone gave you a colorful jellybean smile, and it makes you laugh to think of your rainbow candy teeth.

You have slim sticks for arms. You feel a cozy, colorful scarf around your neck and a soft hat on your head. But you don't really need to keep warm because after all, you're a snowman. And snowmen love the cold!

Pay attention to how firmly your snow body is packed, and you feel your heart glow knowing the smiles and happiness you bring to everyone who looks at you.

You enjoy every single moment of this experience as you bring joy and happiness to everyone you meet.

Now, take time to enjoy being still.

Magically you close your eyes. You feel peaceful. And it is silent out here in the stillness.

Bring your attention to each area of your snowman body to get an impression of how it feels.

Feel the lower snowball that makes up your solid base. It keeps you firmly on the ground and feels so safe and sound.

And now, feel your snowball tummy. It is somehow compact and fluffy all at the same time.

Next pay attention to your head. Even though we are using our brain and imagination now, you also have the ability to tune everything else out and be in silence – inside and out.

You can sit in this stillness as long as you like. Feel the calm and quiet all around you. Relax as the silent snow begins to settle all around you.

(Pause and watch your child's cues for how long to let them enjoy the stillness)

When you're ready, please open your eyes and give your body a big stretch. Today we have experienced what it's like to use our imagination and be focused in the moment by being mindful.

