

LEARNING TO MANAGE EMOTIONS

Teaching Children to Calm Down Using Child-Focused Meditations

There are many different child-focused meditations available on the internet and lots on YouTube.

You can use these with your children. But to introduce them to the idea of meditation take some time out and try some of these ideas with them:

Watching Clouds

Is it warm where you live? If so, a great introduction to meditation is simply lying outside in the warm sun and watching the clouds in the sky. Begin with belly breathing, and help your child become still as they slowly breath and watch the clouds above them. Help them by talking in a soft and slow voice and make sure your breath also slows.

Comment to the child how the clouds are floating by. As thoughts come into your mind, think about putting them on the clouds and allow them to float off and come back to watching the clouds. If your child is old enough to understand this idea talk to them about letting their thoughts go with the cloud on a little cloud journey. Keep coming back to the breath.

Running water

Is there a beach or a river near you? If so you can also use these ideas above with a water meditation. If possible, dangle your hands or feet into the water, focus on the feel of the water as you allow your breath to slow. Begin with belly breathing, and help your child become still as they slowly breath and feel and watch the water around them. Remember, talk to them in a soft slow voice and keep your own breath slow.

Watching the rain

Again, the ideas above can take place during rain. Find a spot to feel the rain or maybe sit on a veranda or just inside the window and watch and listen to the rain.