

Ten Guided Relaxation Scripts
to Invite Positive Emotions



Simple Meditations FOR KIDS

Written by
Giselle Shardlow



kidsyogastories.com

Copyright © 2019 by Giselle Shardlow
Coloring page illustrations by Valerie Bouthyette
All images © 2019 Giselle Shardlow

These guided meditations are intended for personal use only. All rights reserved. You may photocopy the pages to use in your home, classroom, studio, or something similar. You may not sell the meditations to anyone else or place the meditations on the internet in violation of the Digital Millennium Copyright Act (DMCA). Contact us directly for questions on multiple-use licenses.

ISBN: 978-1-943648-41-2

Kids Yoga Stories
Boston, MA
www.kidsyogastories.com
www.amazon.com/author/giselleshardlow
Email us at info@kidsyogastories.com.

What do you think? Let us know what you think of *Simple Meditations for Kids* at feedback@kidsyogastories.com.

WELCOME TO SIMPLE MEDITATIONS FOR KIDS

Are you looking for fun and easy meditations to read to your children?

This book is for primary school teachers, kids yoga teachers, parents, caregivers, health practitioners, and recreation staff looking for fun, simple ways to add guided meditations to their curriculum, classes, or home life.

Listening to meditations has huge benefits for children (and adults), including:

- Increasing memory, focus, and attention
- Encouraging mindfulness and the ability to focus on the present moment
- Inviting you to take long, deep breaths to calm the nervous system
- Providing time and space to calm the mind and body
- Developing creativity and imagination
- Increasing emotional intelligence
- Reducing stress and anxiety

Each meditation takes you on a journey to evoke a positive emotion. These simple meditations are designed for children four to eight, but could also be used with younger or older children, even adults.

Tips for making your guided meditations experience as successful as possible:

- Ask the children to come to Resting Pose or choose another comfortable relaxing position, such as sitting in a chair, sitting cross-legged, or sitting on your heels.
- Each meditation invites you to close your eyes. However, if any of the children are not comfortable closing their eyes, they could simply look down in front of themselves or stare at a candle.
- Wait until your students are quiet and comfortable before beginning.

- Explain that you are going to read a story to them and they are to stay quiet and listen. They can use their imagination as they listen to your voice.
- Encourage them to take a few deep breaths before you get started. Relax their bodies.
- Play gentle music to invite a calm atmosphere or keep it silent; do whatever suits you and your children best.
- Diffuse lavender oil or another calming essential oil, or you might spray a lavender spray before the class comes into the space.
- Offer the matching coloring page to work on while you are reading the meditation, if you feel the children need something to focus on, or after the meditation experience while they are sharing their experiences.
- After the meditation experience, take the opportunity to talk casually about how you are feeling and begin to open up some emotional dialogue in a relaxed, safe way.
- Don't worry if the meditation experience doesn't meet your expectations the first time. Try again another time. Be sure to explain clearly what you're doing and talk about their expected behavior.
- Be gentle with yourself and the children. Remind yourself that meditation is a lifelong practice. Look for little miracle moments along the way.



MEDITATIONS INDEX

| | |
|---------------------------|----|
| Calm | 4 |
| Curiosity | 6 |
| Creativity. | 8 |
| Gratitude. | 10 |
| Happiness | 12 |
| Hope | 14 |
| Loving Kindness | 16 |
| Peace | 18 |
| Pride | 20 |
| Positivity | 22 |

Calm

Lie down comfortably on your back with your arms and legs stretched out.

Be still for a moment, taking in a few deep breaths.

Close your eyes and think about melting into the ground.

Let go of any thoughts from your day. Breathe and relax.

Now, following my voice, you're going to bring your attention to different parts of your body.

For example, when I say "feet," you're going to bring your attention to your feet and simply relax them.

Don't worry about getting it right. Just listen to my voice.

Let's begin. First, bring your attention to your feet. Relax your feet. Then, bring your attention to your lower legs. Relax your lower legs. Next, your knees. Your upper legs. Your belly. And your chest.

Next, think about your hands. Relax your hands. Then your elbows. Then your arms. Then your shoulders.

Now, think about your face. Relax your face. Then your chin. Your mouth. Your nose. Your eyes. And your head.

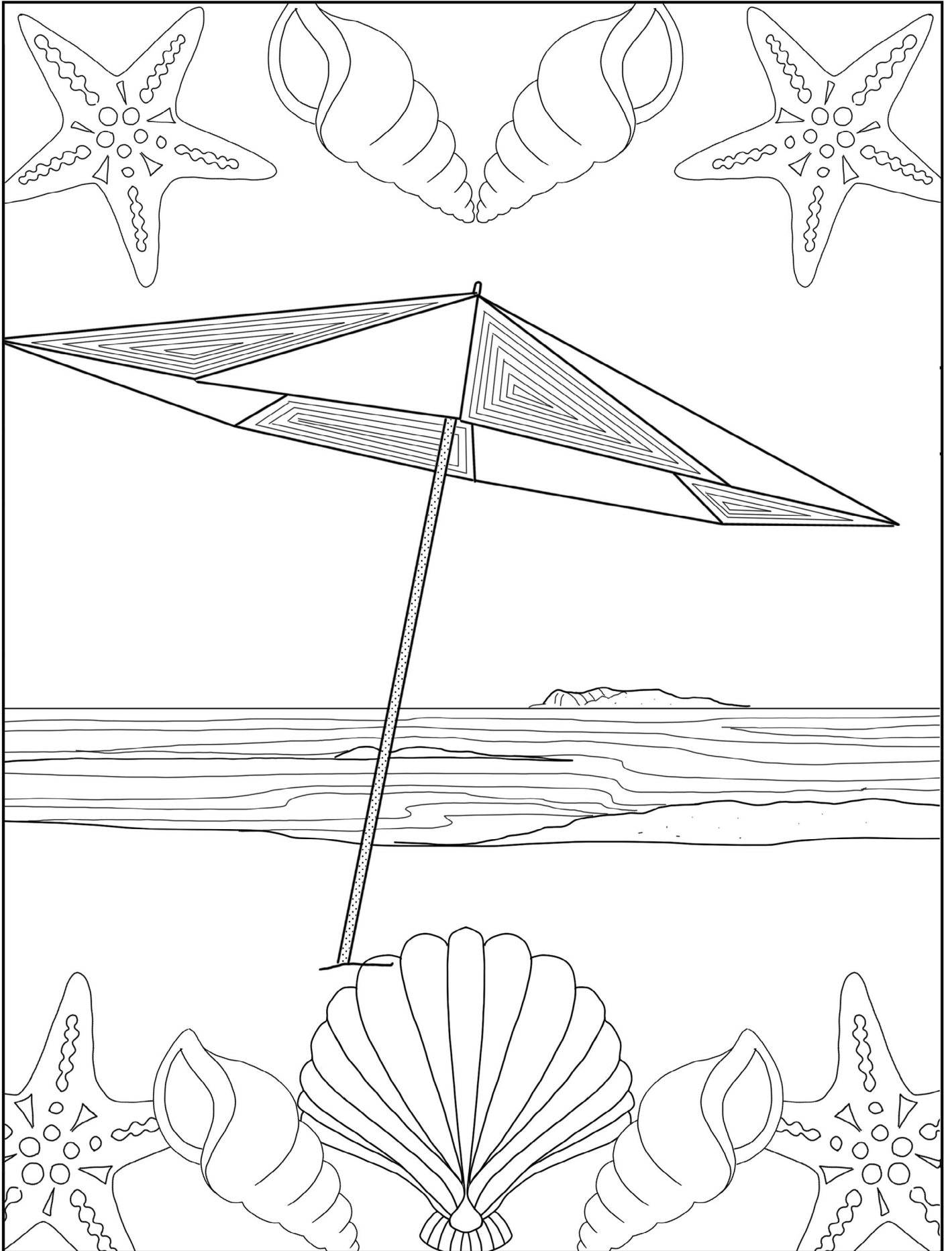
Think about the different parts of your body. Does any part of it need a little extra love today?

Take in a few deep breaths. As you inhale, think, "I am strong." As you exhale, think, "I am calm."

Continue like that for a few deep breaths, alternating between thoughts of "I am strong," and "I am calm."

Know that you are safe and cared for. Breathe and relax. Let it go.

When you are ready, open your eyes.



Curiosity

Take a moment to come to stillness. Then close your eyes.

Imagine you are at a beach on a beautiful, bright summer day.

You walk down to the sea and feel the sand tickling between your toes.

You begin to smell the seaweed as you get closer to the water's edge.

The seagulls caw as they skim over the frothing waves.

You lick your lips and taste the salt from the ocean.

The waves gently lap the shore. You crouch down to look closer at the tidal pools.

You see crabs, clams, and sea stars.

You discover lots of other tiny sea creatures you've never seen before.

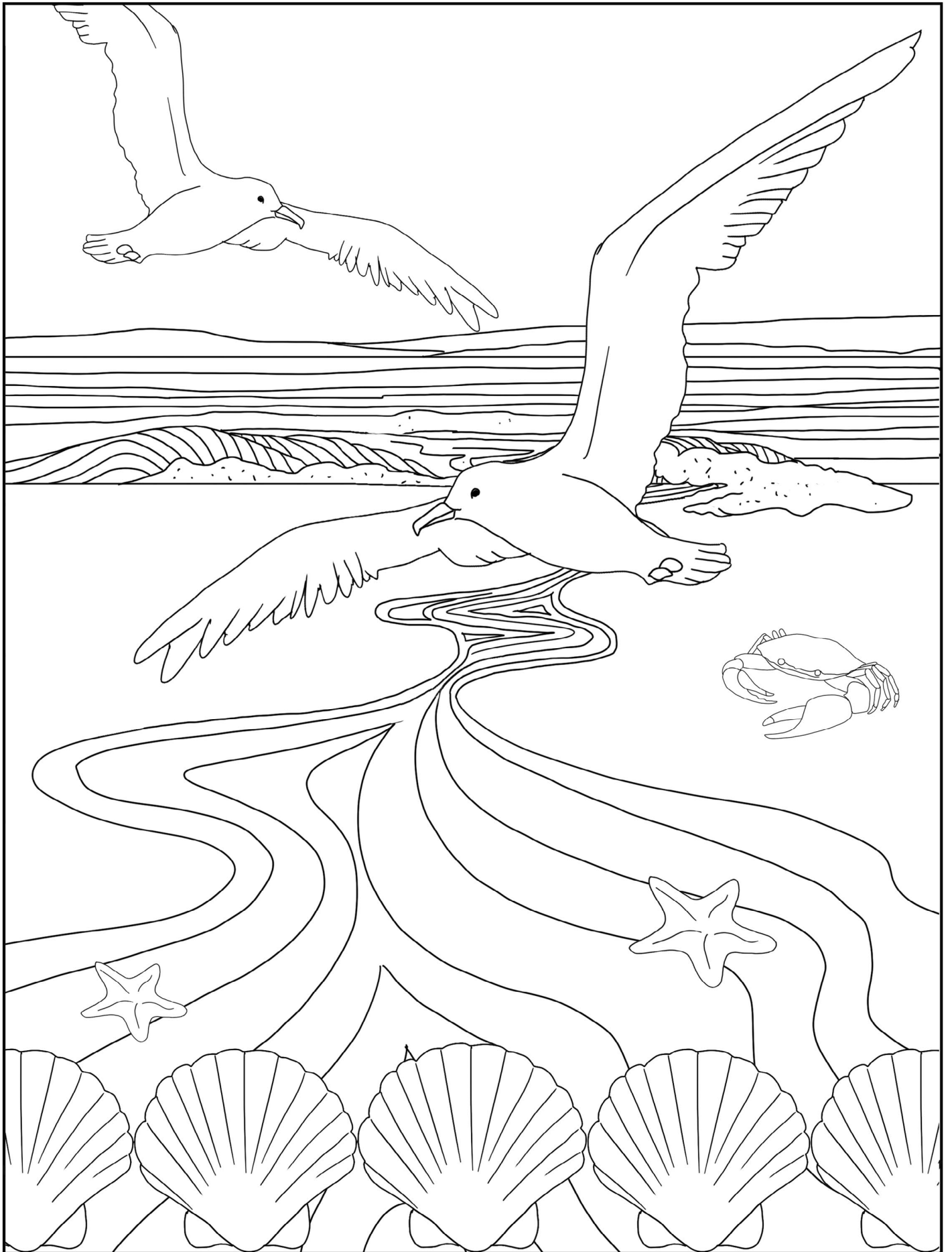
You're excited to see the miniature world in the tidal pools.

You're curious about the other things you see.

How will you find out what they are?

Think about who you can ask and how you can learn.

When you are ready, open your eyes.



Creativity

Close your eyes and imagine a wooden door with a rainbow painted on it.

You push open the door and step into a magical world of color.

Imagine walking up to an easel and picking up a paintbrush.

The colors flow across the canvas, and you paint the most beautiful painting you've ever seen.

Then you see a workbench with a hammer, nails, and brightly colored wooden blocks of all kinds of shapes and sizes.

Pick up the hammer and nail then build the most magnificent tree fort.

Inside your tree fort is a recording studio. Pick up a guitar and sit on a comfortable stool.

Imagine singing the coolest song you've ever heard.

Lastly, you head over to the dance studio, where there's a mirrored disco ball and lots of glitter.

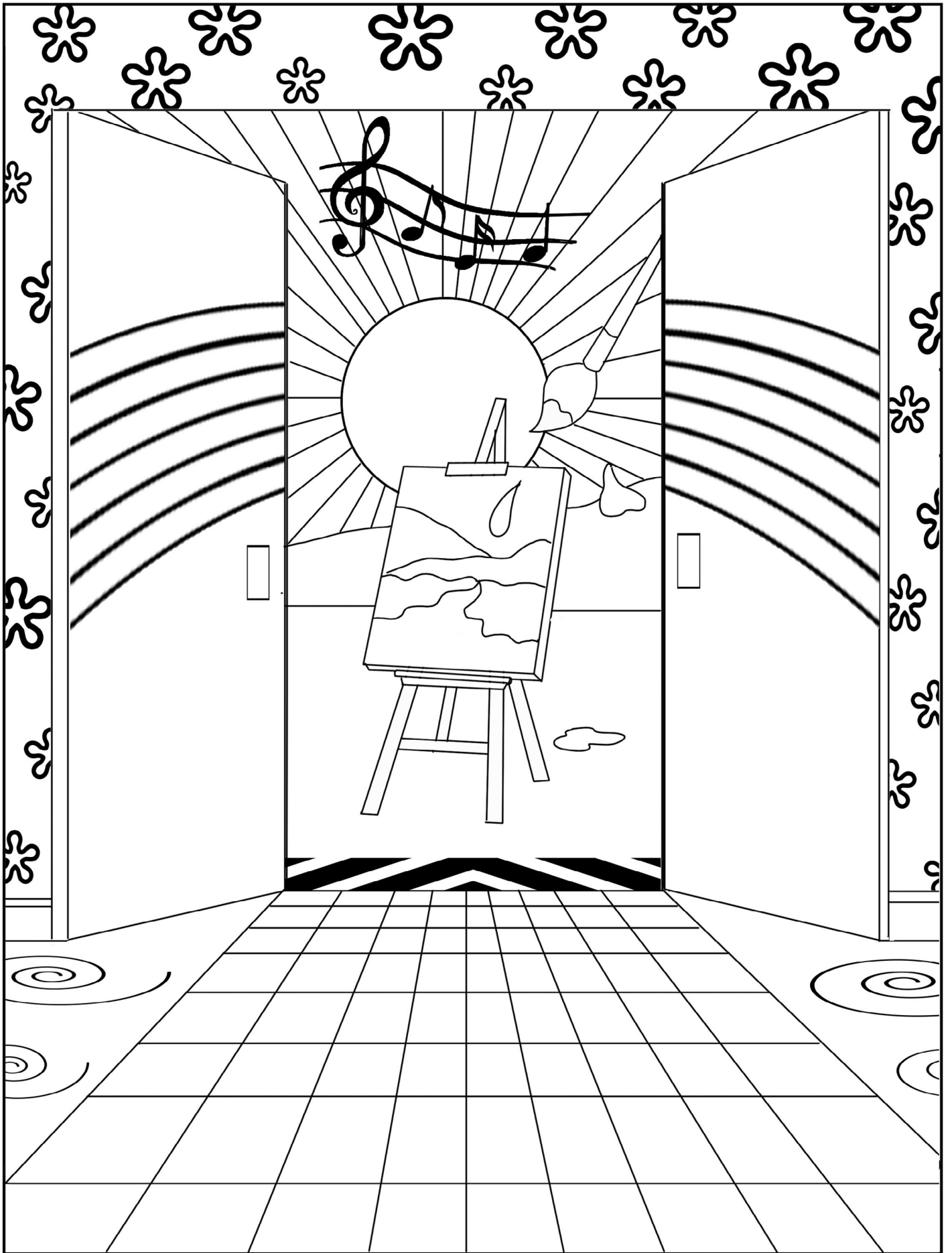
You dance to the music like you've never danced before.

Your mind is bursting with excitement for this magical world you've discovered.

You're feeling immensely creative and inspired.

Take a few moments to absorb the creativity and imagination.

When you are ready, open your eyes.



Gratitude

Close your eyes and tune in to the sound of your breath.

Take a deep breath in then exhale slowly for three to five counts.

On your next exhale, think, “I am grateful for myself.”

On the next exhale, think, “I am grateful to my family.”

Then on the next exhale, think, “I am grateful to my friends.”

Continue like this, sending gratitude to the animals, the forest, the ocean, your neighbors, your community, or whatever is meaningful to you.

Lastly, think, “I am grateful for the whole world. May we all be happy and free.”

Finish your gratitude meditation by coming back to breathing naturally.

When you are ready, open your eyes.



Happiness

Close your eyes and take a moment to be still.

Pretend you're in a meadow covered with scented wildflowers.

You feel the warm breeze on your face. The chirp of birds fills the spring air.

Now imagine running barefoot across the soft ground.

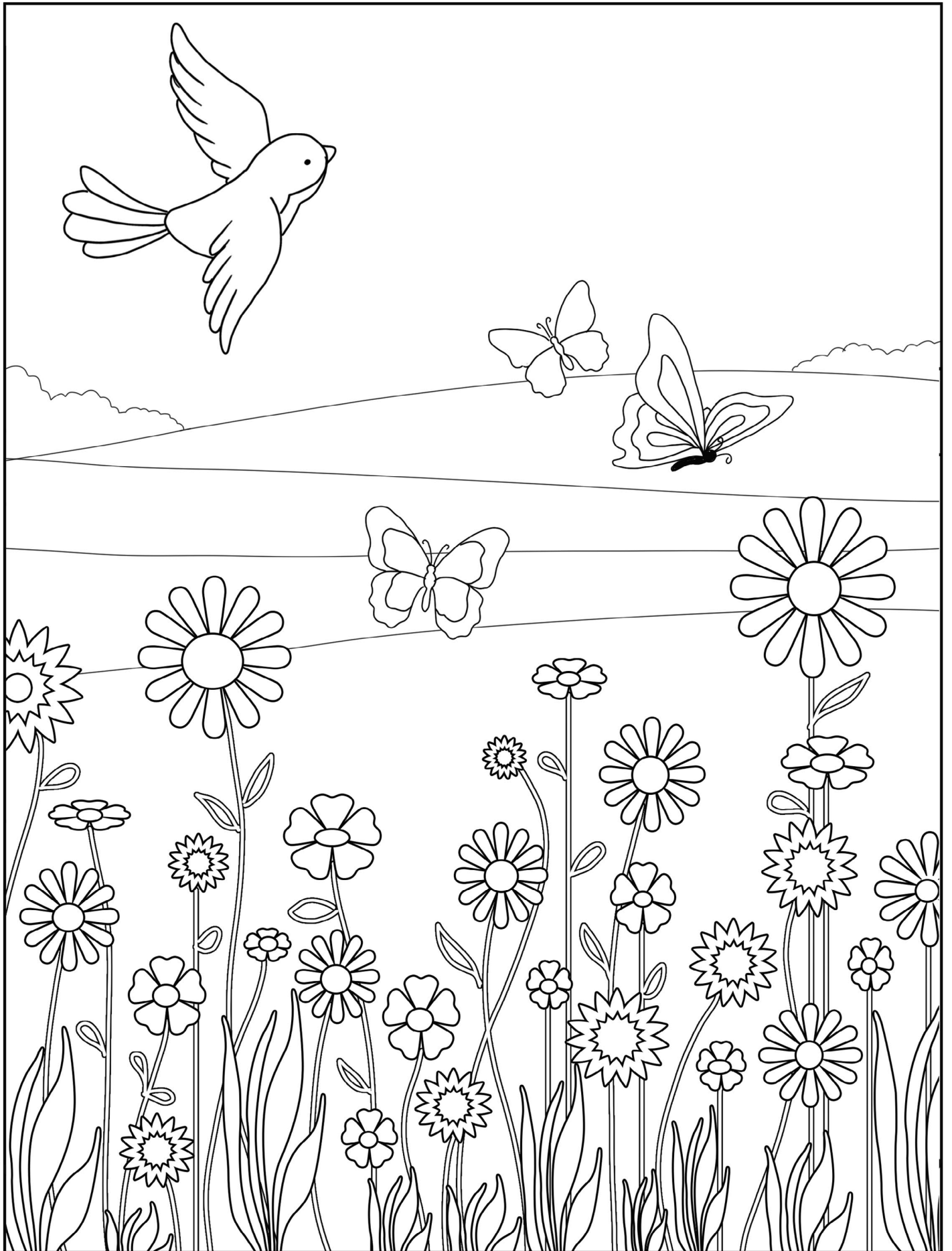
You skip and twirl, chasing a bright-blue butterfly.

You lie on the sweet-smelling grass and look up at the wispy clouds.

Your mind is full of happy thoughts. You are simply living in the moment.

Your heart is full. You feel endlessly happy and free.

When you are ready, open your eyes.



Hope

Come to sitting silently. Take a few deep breaths. Close your eyes.

Imagine you are walking down a gravel path in the countryside.

You see tall trees and colorful flowers lining the pathway.

Rays of sunshine peek through the trees. Birds are chirping. There's a light breeze.

You smile as you take in a full breath to smell the fresh air.

You look ahead, and the path runs as far as your eyes can see.

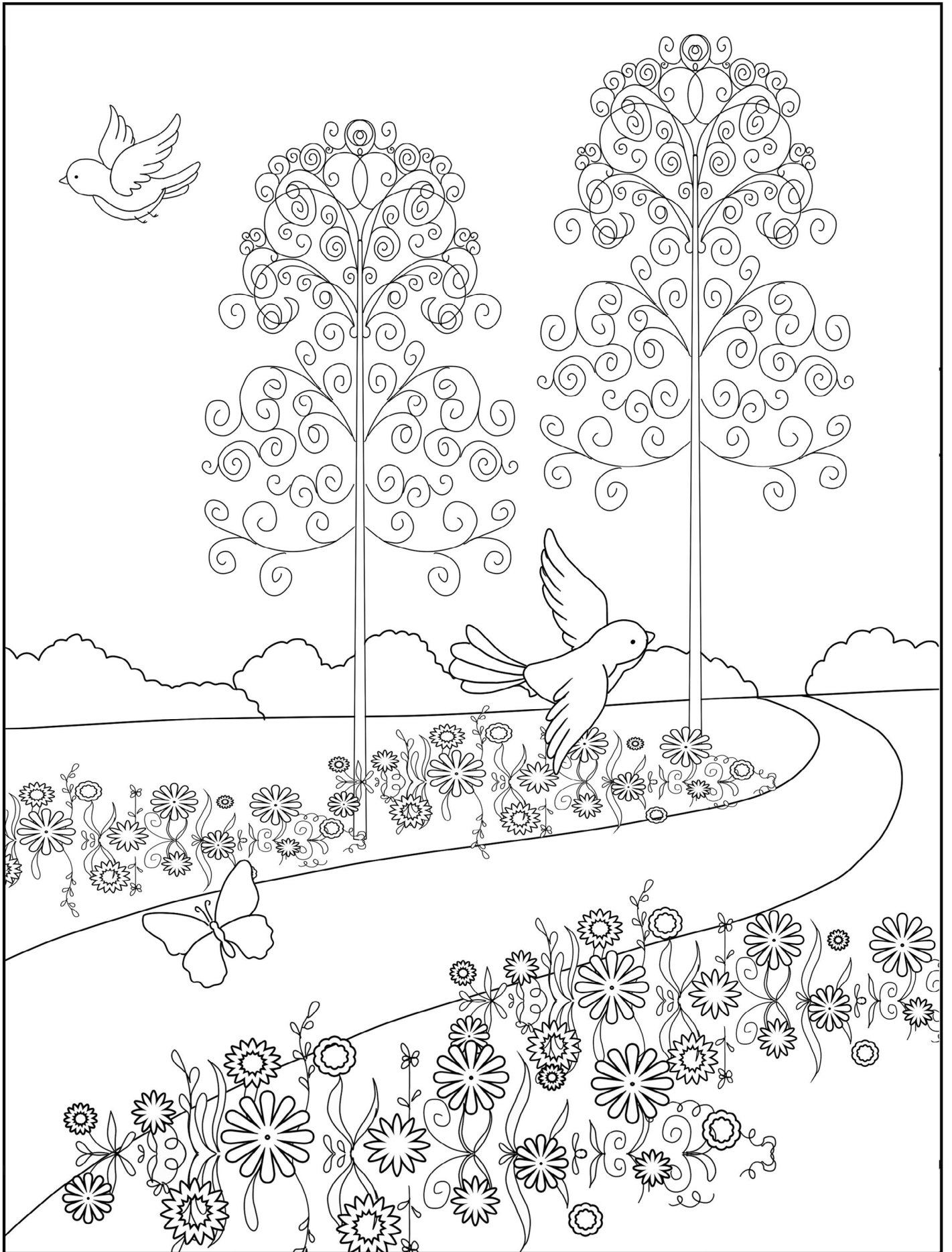
With each step you take, you start to feel more confident and positive.

The long path ahead makes it feel like life has given you lots of options.

You have so much ahead of you. Your future is bright.

Take a moment to feel positive about the future.

When you are ready, open your eyes.



Loving Kindness

Close your eyes and tune in to the sound of your breath.

Take a deep breath in and then exhale slowly for three to five counts.

On your next exhale, think of filling yourself with love. You could think of the color red enveloping your body.

On the next exhale, think of sending love and kindness to someone close to you.

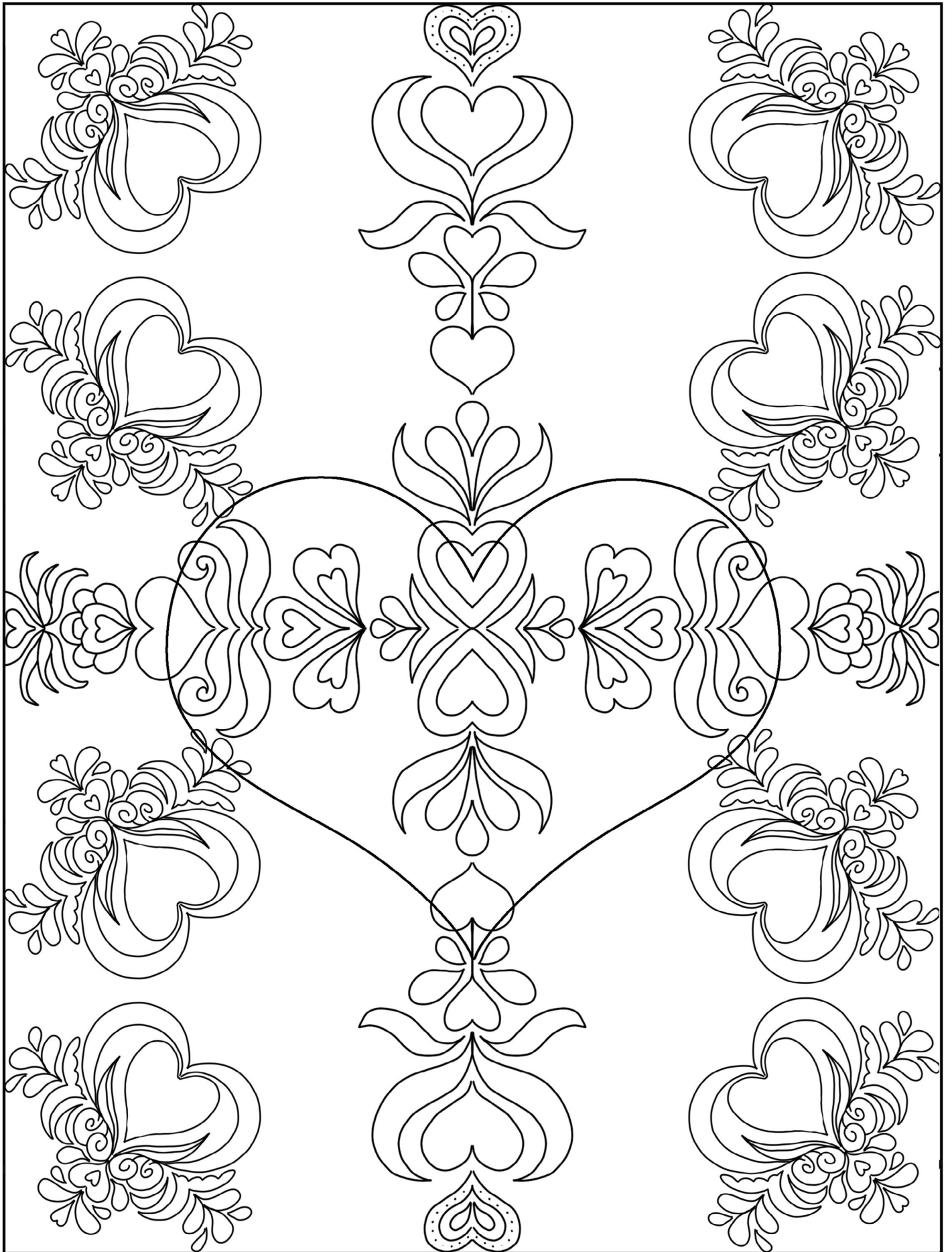
Then on the next exhale, think of sending loving kindness to someone you are having a difficult relationship with at the moment.

Then send love and kindness out to the world around you, the animals, the trees, your neighbors, and your city.

Lastly, send out love and kindness to the world.

Finish your loving-kindness meditation by coming back to breathing naturally.

When you are ready, open your eyes.



Peace

Close your eyes and take a few deep breaths.

Imagine that you are sitting on a puffy cloud floating in the bright blue sky.

You see the tops of the brick houses and tall trees down below.

You feel like you're resting in a bed of soft pillows.

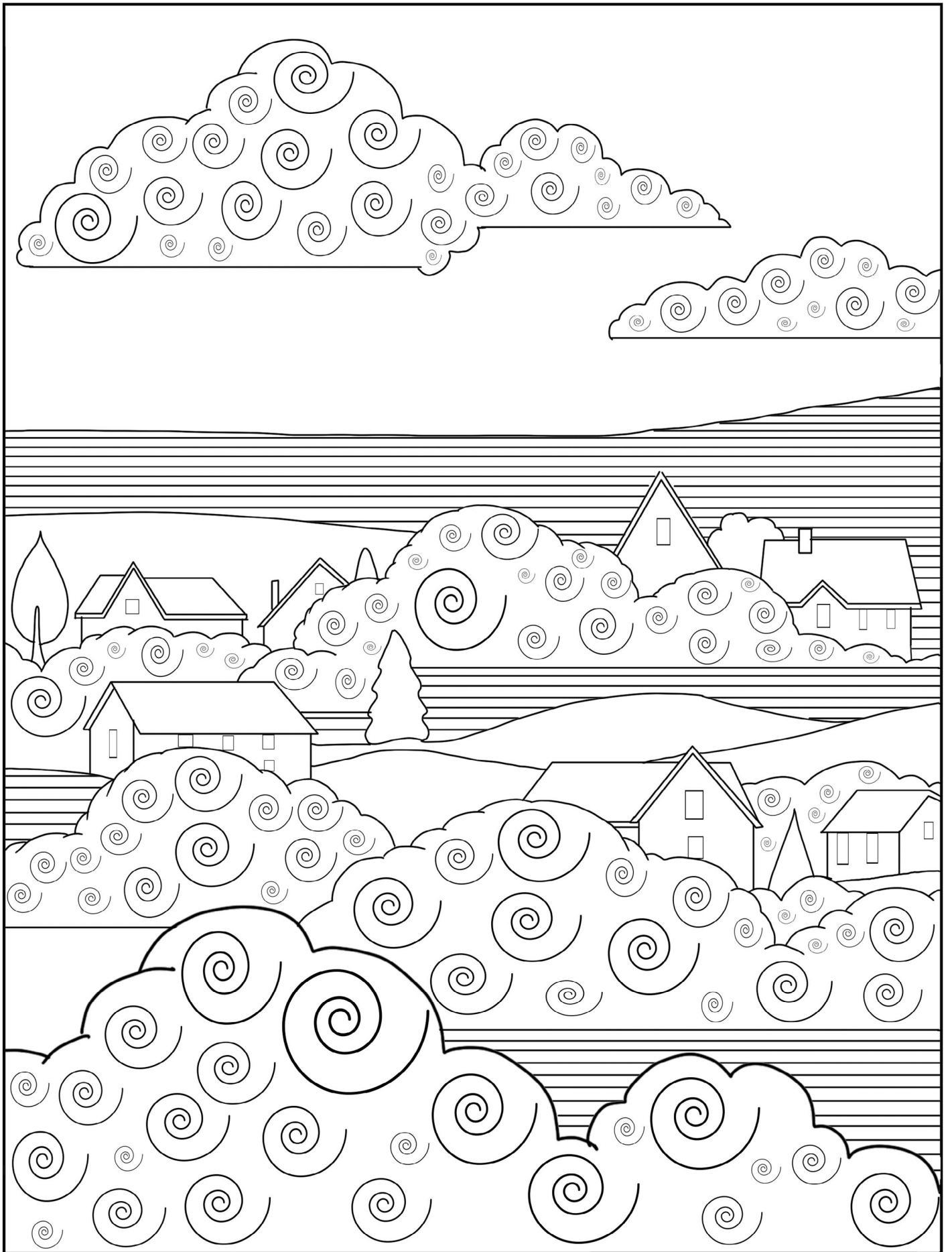
You lay back and the puffy clouds hug you like a sleeping bag.

You take in a long deep breath of clean air and look at the blue sky.

The warmth of the sun shines on your face.

It's quiet and peaceful. You feel safe and cozy.

When you are ready, open your eyes.



Pride

Come to sitting comfortably and close your eyes.

Take a moment to come to stillness and listen to the sound of your breath.

Imagine you are backstage at a show, waiting for your turn to perform.

The teacher says your name, and the audience claps.

You take in a deep breath. Each step takes you closer to center stage.

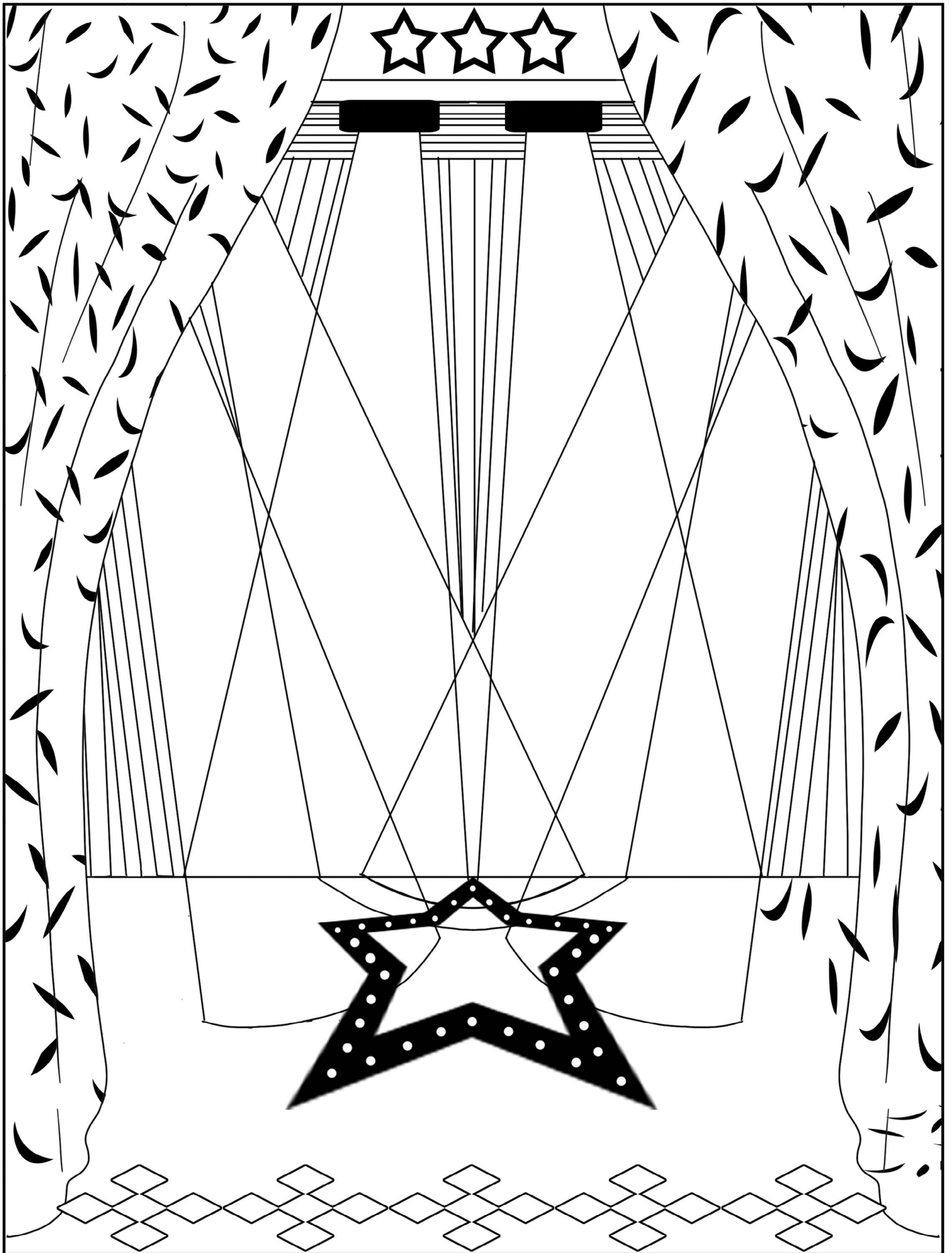
You begin your performance. You feel confident and relaxed.

You finish your performance! You did it!

Everyone is standing up, cheering, and clapping for you.

You smile. You are so proud of yourself!

When you are ready, open your eyes.



Positivity

Close your eyes and take in a deep breath while raising your shoulders to your ears.

Then exhale and drop your shoulders down your back.

Now imagine a big treasure chest in front of you. Think of what colors you see.

This treasure chest is full of items from positive memories that you've had in your life.

Imagine pulling out a photo from a happy moment. Who's in the photo? What are you doing?

Imagine taking out a picture that you drew when you were little. What's the picture of?

Imagine taking out a souvenir from a trip you went on. What is it? Where did you go?

Take a moment to take a deep breath and think about all the positive memories you have in your life.

Imagine finding a card from someone. Who is the card from? What does it say?

Imagine pulling out a gift from someone. What's the gift? Who is it from?

Now put all your treasures back in the chest.

Take a moment to let all the good memories trickle through your mind.

When you are ready, open your eyes.



ABOUT THE AUTHOR

Giselle Shardlow draws from her experiences as a teacher, traveler, mother, and yogi to write her yoga stories for kids. The purpose of her yoga books is to foster happy, healthy, and globally educated children. She lives in Boston with her husband and daughter.

ABOUT KIDS YOGA STORIES

We hope you enjoyed your Kids Yoga Stories experience. Visit www.kidsyogastories.com to:

- Receive updates. For yoga tips, updates, giveaways, articles, kids yoga sequences, and activity ideas, sign up for our free **Kids Yoga Stories Newsletter**.
- Connect with us. Please share with us about your yoga experiences. Send pictures of yourself practicing the poses. Describe your yoga journey on our social media pages (Facebook, Pinterest, Twitter, and Instagram).
- Check out free stuff. Read our articles on books, yoga, parenting, and travel. Check out our free kids yoga resources and coloring pages.
- Read or write a review. Read what others have to say about our yoga books and kids yoga lesson plans. Post your own review on Amazon or on our website. We would love to hear how you enjoyed these monthly yoga ideas.

Thank you for your support in spreading our message of integrating learning, movement, and fun.

Giselle

Kids Yoga Stories

www.kidsyogastories.com

www.facebook.com/kidsyogastories

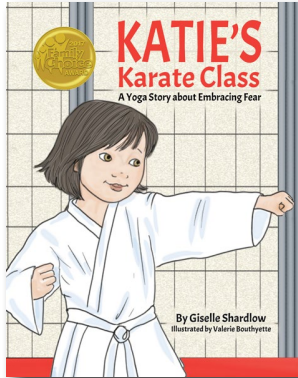
www.pinterest.com/kidsyogastories

www.twitter.com/kidsyogastories

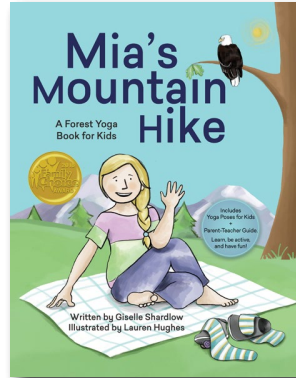
www.amazon.com/author/giselleshardlow

www.goodreads.com/giselleshardlow

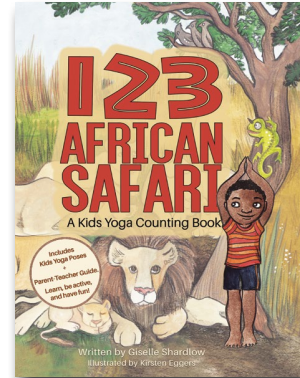
YOGA BOOKS FOR KIDS BY GISELLE SHARDLOW



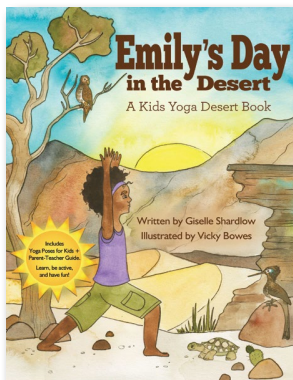
Katie's Karate Class



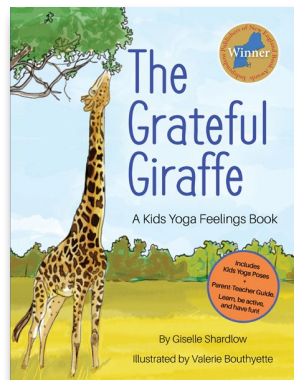
Mia's Mountain Hike



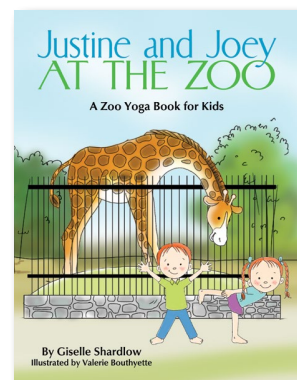
123 African Safari



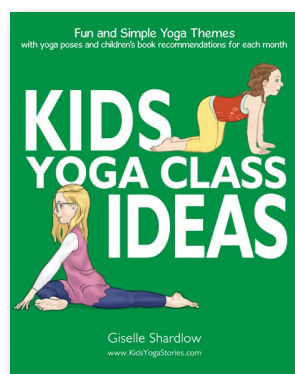
Emily's Day in the Desert



The Grateful Giraffe



Justine and Joey at the Zoo



Kids Yoga Class Ideas



Monthly Kids Yoga Themes



BUY NOW AT
www.amazon.com/author/giselleshardlow
or <http://shop.kidsyogastories.com>

Get children calm, curious, and creative with these simple meditations and matching coloring pages!

Simple Meditations for Kids includes ten guided meditation scripts and coloring pages to invite positive emotions, including gratitude, happiness, and loving kindness. Each themed meditation aims to increase your memory, focus, attention, and imagination.

This book is for primary school teachers, kids yoga teachers, parents, caregivers, health practitioners, and recreation staff looking for fun, simple ways to add guided meditations to their curriculum, classes, or home life.



kidsyogastories.com