

Creatable Me Worksheet: Meditation for Kids

Meditation is not just for adults! It can help kids like you navigate through feelings, study better, and communicate kindly. Let's dive into some fun and easy meditation exercises.

1. Mindful Breathing

Sit comfortably and close your eyes.

Take a deep breath in through your nose.

Hold for 3 seconds.

Exhale slowly through your mouth.

Repeat 5 times.

Question: How did you feel after the exercise?

2. Cool Off

Think of a time you felt angry or frustrated.

Imagine that feeling as a color.

Breathe in a calming color (like blue) and breathe out the angry color.

Do this until you feel calm.

Question: What color did you imagine your frustration as?

3. Good Morning

Do this right after waking up.

Stretch your arms and legs.

Take 5 deep breaths, thinking of something you're excited about today.

Question: What are you looking forward to today?

4. Rest & Relax

Sit or lie down comfortably.

Focus on relaxing each part of your body, starting from your toes to your head.

Feel the calmness.

Question: Which part of your body felt the most relaxed?

5. Kindness Visualization

Close your eyes.

Imagine a warm light in your heart.

Think of someone you care about.

Send that warm light to them, wishing them happiness.

Question: Who did you send the warm light to?

6. Appreciation

Think of 3 things or people you're thankful for.

For each, take a deep breath in and out, feeling gratitude.

Question: Name one thing or person you're thankful for.

7. Paying Attention

Find a small object around you.

Study it for 1 minute, noticing every detail.

Close your eyes and try to remember all the details.

Question: Describe the object in your own words.

8. Settling Down

Think of a fun, happy memory.

Smile and take 3 deep breaths, feeling light and playful.

Question: What memory did you think of?

9. Goodnight

Before sleeping, lie down and close your eyes.

Take 5 deep breaths, letting go of the day's worries.

Question: What was the best part of your day?

10. Sleep Tight

Imagine you're floating on a cloud.

Feel its softness and let it carry you to sweet dreams.

Question: What shape is your cloud?

11. Stay Positive

If you're feeling anxious or worried:

Place your hand on your heart.

Feel its beat and take 5 deep breaths, focusing only on your heartbeat.

Question: How do you feel now?

Reflection:

Which exercise did you enjoy the most? Why?

Remember, meditation is a skill. The more you practice, the better you'll get at it.

Keep this worksheet handy and try these exercises whenever you need a moment of calm or positivity. Enjoy your meditation journey!