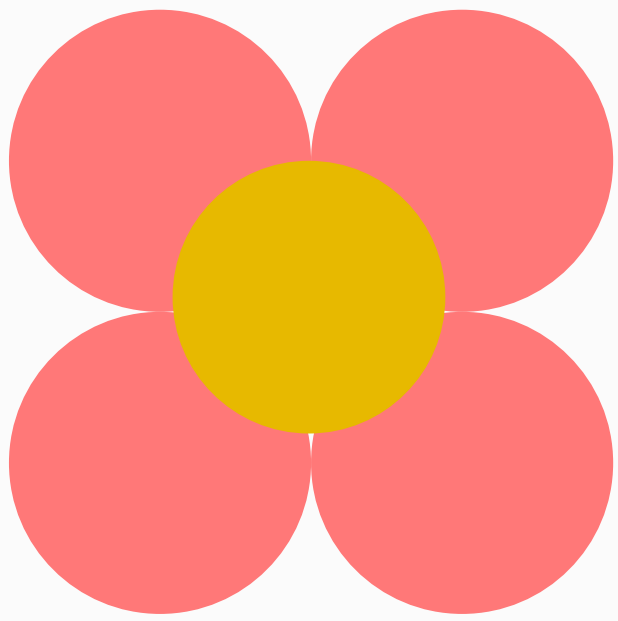
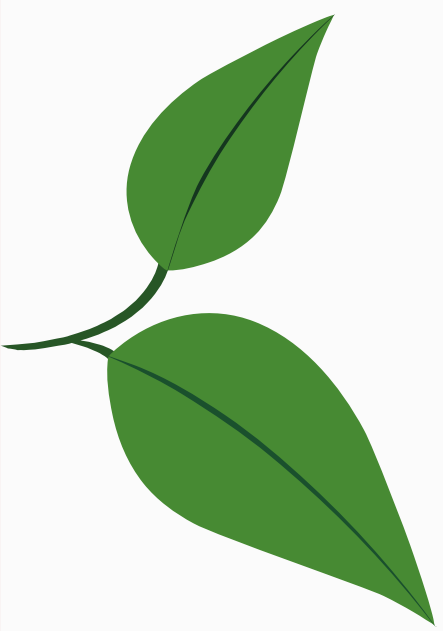


CALMING CREATURES

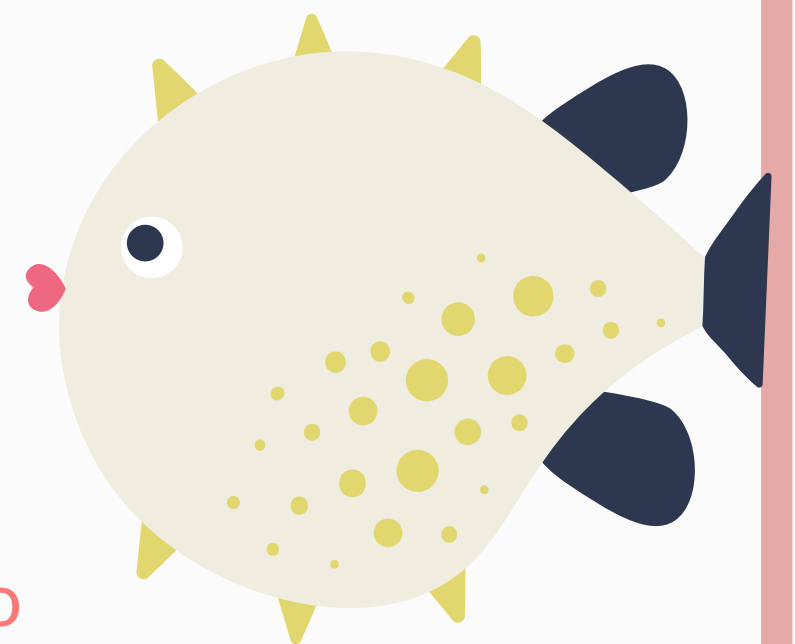
Meditation has been found to have benefits for both adults and children. Try these meditations to help children to manage strong feelings.



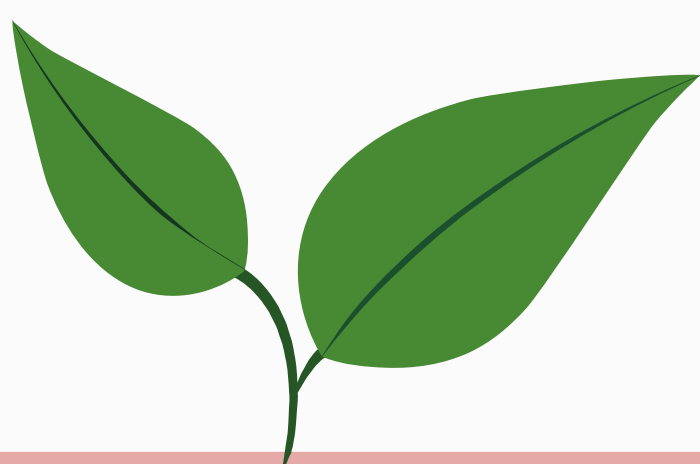
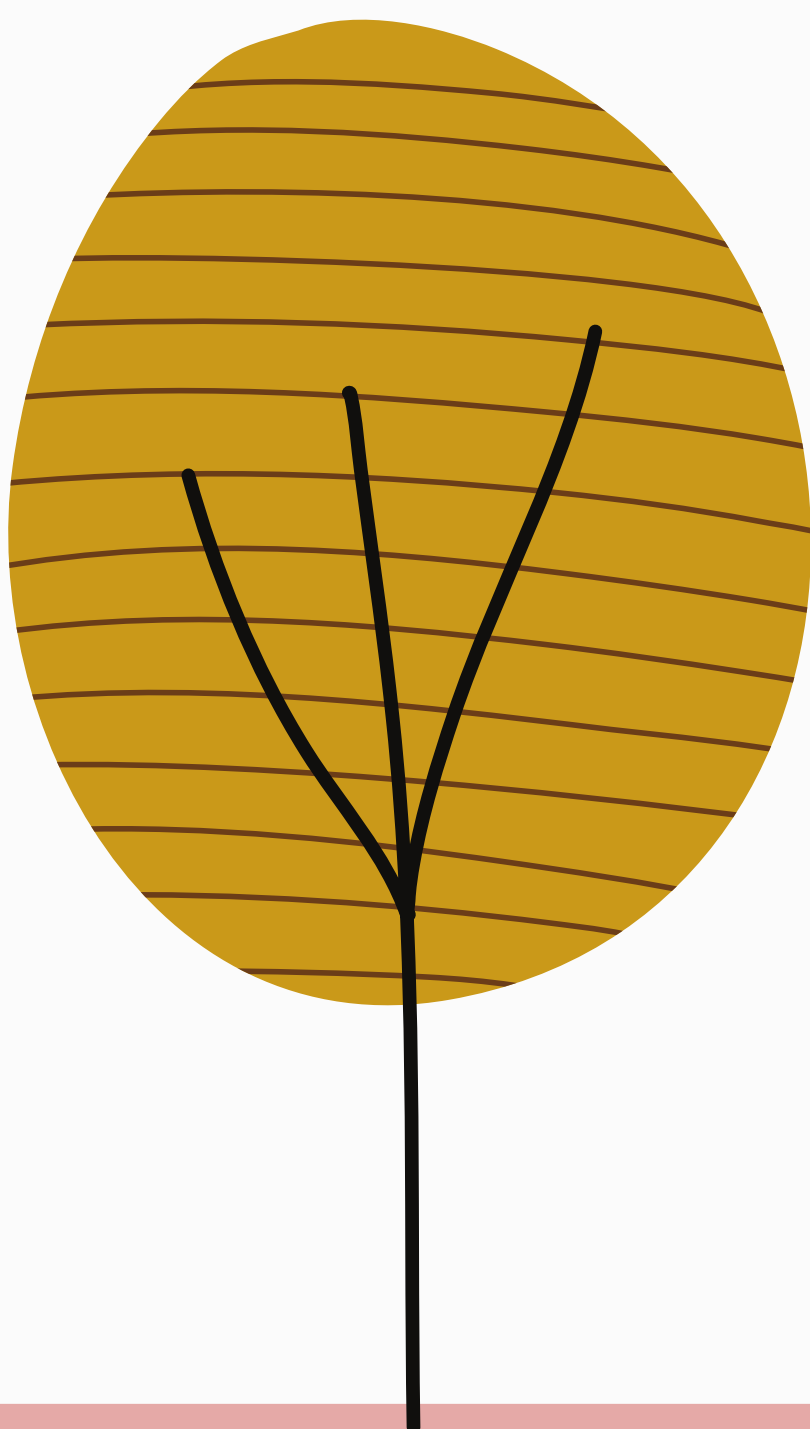
Imagine you are holding a candle and a flower. Take a big sniff up of the flower and blow out your candle. Repeat



Blow air into your cheeks like a puffer fish and release



Whilst sitting on your knees, as your child to image they are the seeds of a tree and explain that you are going to grow as big as a huge tree stretching out and growing through movement



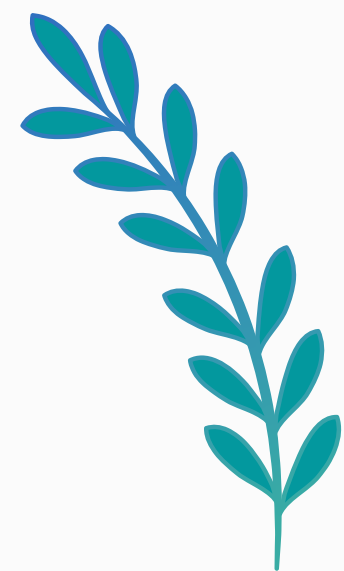
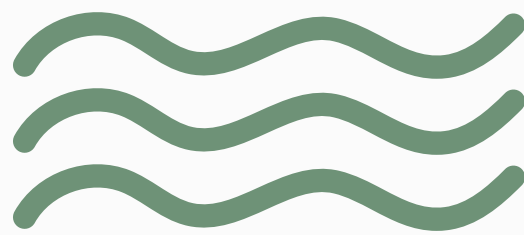
When breathing together, ask the child to inhale love and release love. This supports the child to think of deep breathing as a positive act!

CALMING CREATURES

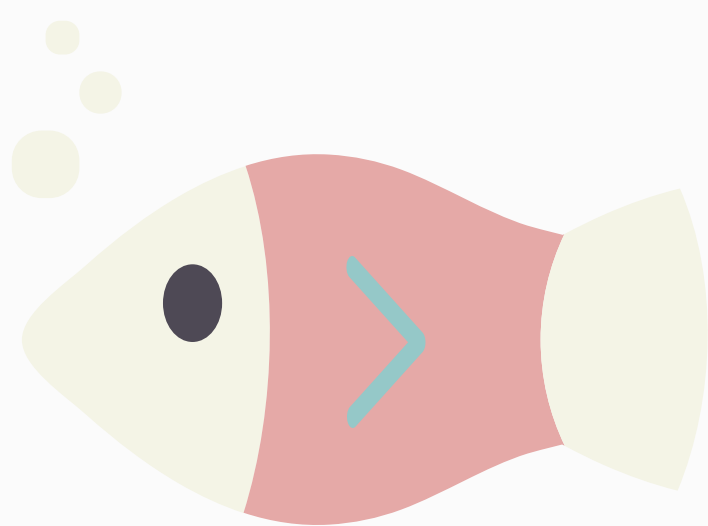
THE SEA MEDITATION



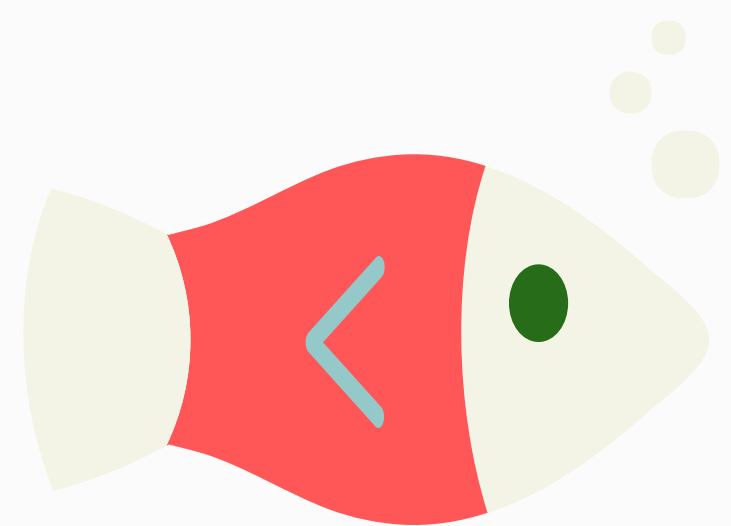
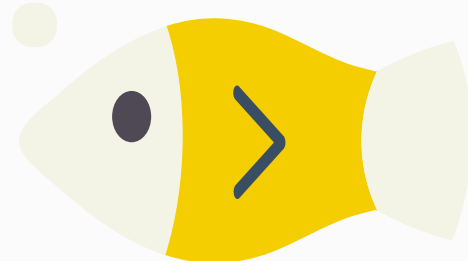
I AM SILENT, I AM SILENT, IN THE SEA, IN THE SEA
I CAN FEEL THE SEA WEED, I CAN FEEL THE SEA WEED, IN
THE SEA, IN THE SEA
(WRIGGLE YOUR FINGERS)



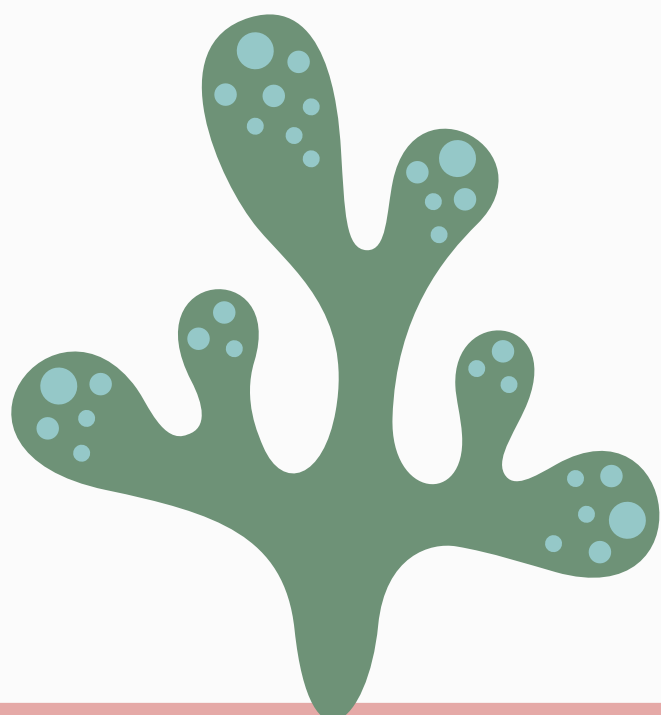
I AM FLOATING, I AM FLOATING, IN THE SEA, IN THE SEA
I CAN FEEL THE FISH FLOW, I CAN FEEL THE FLOW, PAST
MY TOES, PAST ME TOES
(WIGGLE YOUR TOES)



(SIT UP)



I AM SWIMMING, I AM SWIMMING, IN THE SEA, THE SEA
I CAN FEEL THE WAVES CRASH, I CAN FEEL THE WAVES
CRASH, OVER ME, OVER
(WAVE YOUR ARMS)



HANDS TO THE HEART

NAMASTE

