

Kids Guided Meditation

This is a fun way to meditate with your kids. This is just a guideline, do what feels right to you.

You should read the meditation aloud to your kids while they sit comfortably on the floor or grass. If you want you can play nature music in the background.

Have your kids put their hands loosely in their lap facing up and close their eyes.

Have them take 3 deep breaths and as they breath in say My heart sparkles with love and joy (you can do this with your child)

Now have them visualize as you read one the following meditations to them:

Grounding meditation (good for mornings):

See a bright white light coming from above going down through the top of your head, see it flowing down your body, filling up your body with the loving bright light, see it going down through your heart and into your tummy, down your legs and out your feet. Feel the light go down into the ground like roots from your feet. Sharing with Mother Earth the love you feel from within and then feel the love and the bright white light come back up your legs and through your body filling you up with love all the way to the top of your head.

Slowly open your eyes when you are ready and take 3 deep breaths.

Walking Through the Park Meditation:

See a big tree in a huge grassy field, it could be a place you have visited or a brand new place.

Look around and see what is out there, do you see birds, flowers, is there anything hanging from the trees.

You walk closer to the tree and just beyond it you see a fort.

You walk over to the fort across the grass and you see a wooden gate. You push on the gate and it springs open.

You go into the fort and you see that it is really a secret passageway to a brightly colored park.

You go into the park.

How does the ground feel in your park with your bare feet, and can you smell the flowers.

You can hear a stream and you look around to see if you can find it, as you walk around through the grass you come upon the stream.

You put your hands in the water and you feel the water wash over your hands and you put the water on your face.

It feels so refreshing as the sun is shining down in your secret passage.

You take a drink and feel the cold refreshing water wash down through your body, clearing any fears you may have.

Letting your happy sparkles fill you back up with warmth as the sun shines down on you.

Remembering you are amazing, smart, talented and loved. And you are enough just the way you are.

As you feel the love around you and within you, you slowly walk back to the gate of the secret passage and you go through the gate, closing the gate behind you and you walk back through the grassy field towards the big tree.

You smile on the inside as you now have a secret safe passage that only you know about.

Your secret passage will keep you safe and full of love.

Take 3 deep breaths and say to yourself my heart sparkles with love and joy.

Slowly open your eyes when you are ready.

The end

Tip - if this is too long for your child to sit still feel free to shorten it and modify it to fit your needs.

Have fun and let me know how it goes, I would love to hear your feedback. You can email me at Keri@Keritcollins.com

butterfly kisses. 
Keri