

Guided meditation FOR KIDS

TAKE A DEEP BREATH

in through your nose and let it out gently through your mouth. Picture one of your favorite places. Notice the smells around you, how the air feels, how your body feels.

NOW, THINK ABOUT

that red emotion that's been bothering you lately. Where do you feel it in your body? Good. Now, keep focusing on this wonderful place you're in, and as you take those slow, deep breaths, imagine that you are filling those affected spots on your body with that air and the calmness of everything around you. Let the tension ease out of you and go back to the environment.

KEEP BREATHING UNTIL

those spots feel calm and relaxed again. It's okay that these hot emotions come sometimes to visit you. Okay, now slowly come back to the room. Pay attention to how your body feels. Feel the ground beneath you and open your eyes when you're ready.

GET MIGHTIER

MIGHTIER™