

Guided Breath Meditation for Kids – Practicing Mindfulness for Kids

(Transcript: <https://www.youtube.com/watch?v=CvF9AEe-ozc>)

About: *A calming breath meditation designed to introduce kids to mindfulness. Kids imagine a sail boat rising and falling over waves as they inhale and exhale. They use mental imagery to see their breath as colour as they observe the sensation of it passing through the nostrils. Finally, it cultivates beginners mind imagining they were once a fish and are feeling air in their lungs for the first time.*

Instructions: For this meditation, we are going to very curiously explore our breath. We are always breathing, but most of the time we pay very little attention to it. So, the next few minutes, you will feel, observe and notice our breath as it happens. You may want to lie down but if you cannot, it is OK if you are sitting. Go ahead and get comfortable. If you like close your eyes and rest your hands gently on your belly.

Now, let's take a moment to notice the feeling of your hands touching your belly as you breathe in, what do you feel happening to your hands. Do you feel them rising or being pushed out? And when you let your breath out, what happens now? Can you feel your hands sink with your belly? Imagine that your hands are a sailboat sailing over gentle rolling waves. Your breath come in and your boat gently floats up as your breath flows out, your boat dips down with the wave. The boat does not move on its own. It just smoothly bows up and down with the waves. Take a moment to notice your hands and breath in this way.

Now, move your focus to the part of your nose, where the air enters your body. Right inside your nose, inside your nostrils, you may feel the air touching as it enters. How does it feel? Is it warm or cold? Going in? Then when it flows out, does it feel the same? Is the air passing through your nose a bit warmer now? Let's pretend that you can see the air as it passes through your nose. As the cool air flows into your body and touches the inside of your nostrils, you see it as a fresh cool colour, like blue or green. You could imagine it sparkling or glowing as the oxygen in the air feed your body and gives you life. When the air touches the inside of your nostrils on the way out, imagine it as a warm colour. Try to see this like a movie in your mind. Breathe in cool, breathe our warm. Watch the colour as you feel it, flow in and out.

Finally, let's pretend that you're a fish that was magically transformed into a person. Fish do not have lungs, so your whole life you have to breathe water through gills. So, this is the very first time you are experiencing breathing the air. It is so strange and unfamiliar to you and you are curious about this strange sensation of air filling your lungs. Just take a moment to appreciate your breath, as if it were for the very first time. What would it be like to feel the air passing though and touching the inside of your nostrils for the first time. How might it feel when your lungs fill and expand for the first time? How curious would it be when you feel your lungs empty and fall? Just explore each new feeling.

Now let's take one more deep breath in and let it out and open your eyes.