

PART THREE

MEDITATION PRACTICES FOR PARENTS AND
CHILDREN KEY STAGE 2



PART THREE

MEDITATION PRACTICES FOR PARENTS AND CHILDREN KEY STAGE 2 (Age 7 –10)

Pages 1 – 2

Introduction

Page 3

Quiet or Still Meditation

Page 4

Active Focused Meditation

Page 5

Movement Meditation

Page 6

Music Sound Meditation

Page 7

Nature Meditation

Page 8

Guided Meditation

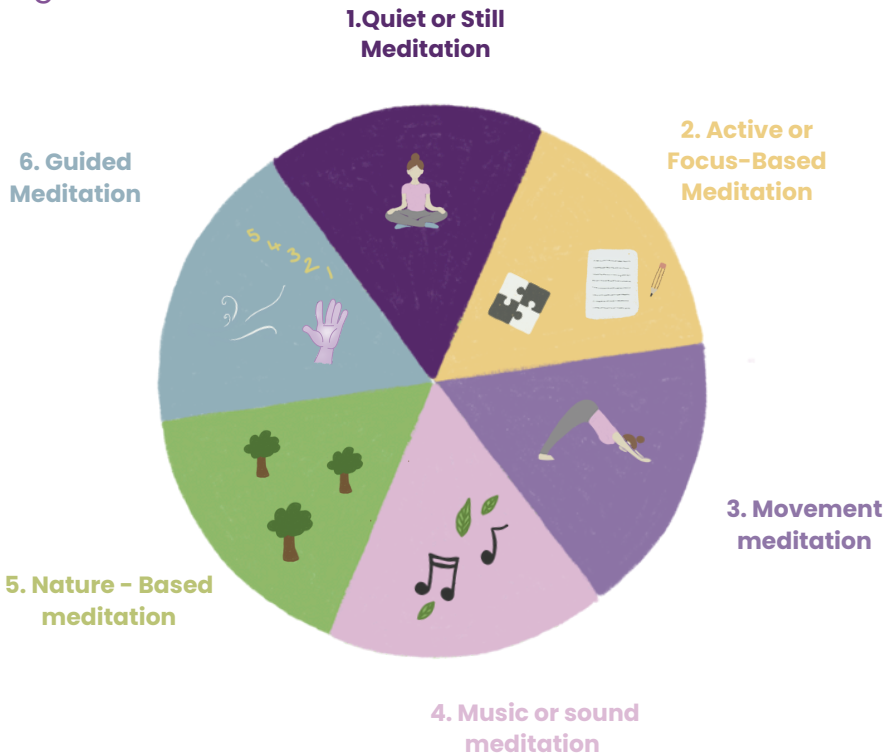
Page 9

Meditation Checklist

PART THREE

Introduction

As children grow older, their world becomes more complex. Schoolwork increases, social dynamics evolve, and emotions become more intense. While younger children may benefit from playful meditation, kids aged 7–10 can start engaging in more structured mindfulness practices that help with emotional regulation, concentration, and stress management.



PART THREE

MEDITATION PRACTICES FOR PARENTS AND CHILDREN

At this stage, children are:

- ✓ Developing greater self-awareness – They start recognising their emotions and how they affect their actions.
- ✓ Building stronger attention skills – Meditation helps them focus on schoolwork, problem-solving, and daily activities.
- ✓ Navigating more responsibilities and pressures – They may face academic challenges, friendship issues, or extracurricular demands.
- ✓ Becoming more independent thinkers – Meditation gives them tools to manage stress, self-soothe, and make mindful choices.

By incorporating different meditation techniques, parents can help their children cultivate a sense of calm, confidence, and emotional balance. Below are six engaging meditation exercises tailored for kids aged 7–10, categorised by different styles of meditation.



PART THREE

MEDITATION PRACTICES FOR PARENTS AND CHILDREN

Quiet or Still Meditation: "The Candle Flame Focus" 

Purpose:

Improves concentration, patience, and inner calm.

How to Do It:

Sit comfortably in a dimly lit room with a real or imaginary candle in front of you.

Say: *"Focus your eyes on the candle flame. Watch how it moves and flickers. Try not to look away."*

Guide *deep breathing:*

*Breathe in slowly through your nose for four seconds.
Hold for two seconds.*

*Exhale gently through your mouth for six seconds.
Continue for 1–3 minutes, then close your eyes and picture the flame in your mind.*

End with a deep breath and a few moments of silence.

Why It Works: Enhances focus, self-control, and mindfulness.

PART THREE

MEDITATION PRACTICES FOR PARENTS AND CHILDREN

Active/Focused Meditation: "Mindful Maze Walking"

Purpose:

Encourages mindful movement and focus while calming an active mind.

How to Do It:

Create a simple maze or path using tape on the floor, chalk outside, or a printed labyrinth design.

Say: *"Walk slowly along the path. With each step, notice how your feet feel as they touch the ground."*

Encourage mindful breathing: "Breathe in as you step forward, breathe out as you step again."

If thoughts pop up, gently bring focus back to the walking path and breathe.

After finishing, sit quietly for a moment and reflect: "How do you feel?"

Why It Works: Helps with emotional regulation, patience, and focus.

PART THREE

MEDITATION PRACTICES FOR PARENTS AND CHILDREN

Movement Meditation: "Tai Chi Animal Flow"



Purpose:

Promotes body awareness, balance, and relaxation through movement.



How to Do It:

Stand in an open space and take three deep breaths.

Guide your child through slow, flowing movements inspired by animals:

Eagle Glide: Stretch arms out and move them slowly like soaring wings.

Lion Stretch: Stand tall, stretch arms up, then slowly "roar" out a deep exhale.

Ocean Wave: Sway arms and torso side to side, as if moving with gentle waves.

Say: "Feel the movement and let your breath flow with it." Continue for 5–7 minutes, then pause, stand still, and notice body sensations.

Why It Works: Encourages relaxation through movement while boosting coordination and focus

PART THREE

MEDITATION PRACTICES FOR PARENTS AND CHILDREN

Music/Sound Meditation: "The Sound Detective Game" 

Purpose:

Enhances listening skills, focus, and relaxation through mindful sound awareness.

How to Do It:

Sit or lie down in a quiet space with your child.

Say: "Close your eyes and become a Sound Detective! Listen carefully to every sound around you."

Play soft instrumental music or simply listen to natural sounds in the room.

Ask: "What do you hear? A ticking clock? Birds outside? The sound of your own breath?"

After 2–3 minutes, **ask:** "What was the most surprising sound you noticed?"

Why It Works: Helps children develop focus, patience, and a sense of calm.



PART THREE

MEDITATION PRACTICES FOR PARENTS AND CHILDREN

Nature-Based Meditation: "The Cloud Watching Breath"

Purpose:

Encourages relaxation, imagination, and deep breathing through outdoor mindfulness.

How to Do It:

Find a grassy area where you and your child can lie down and look at the sky.

Say: "Let's take a deep breath in... and out... and watch the clouds float by."

Encourage them to find shapes in the clouds (animals, faces, objects).

Guide deep breathing:

Inhale as the cloud moves.

Exhale as the cloud drifts away.

Continue for 5–10 minutes, then reflect:

Say: "What was your favourite cloud shape?"

Why It Works: Strengthens the connection to nature and promotes a sense of peace.

PART THREE

MEDITATION PRACTICES FOR PARENTS AND CHILDREN

Guided Meditation: "The Safe Place Journey"



Purpose:

Develops emotional security and stress relief through visualisation.

How to Do It:

Have your child sit or lie down comfortably with eyes closed.

Say: "Imagine you are in a special, safe place. It can be anywhere—a beach, a treehouse, a castle, or even a magical forest."

Guide sensory details:

"What does your safe place look like? What colours do you see?"

"What sounds do you hear? Maybe birds singing, waves crashing, or soft music?"

"What does the air feel like? Warm? Cool? Breezy?"


Let them relax in their safe place for a few moments.

Gently say: "Whenever you need to feel calm, you can return to your safe place in your mind."

Why It Works: Builds emotional resilience, reduces anxiety, and strengthens visualisation skills.

PART THREE

TYPES OF MEDITATION FOR CHILDREN CHECKLIST

	Tried	Favourite	Comments
1. Quiet or Still Meditation			
2. Active or Focus-Based Meditation			
3. Movement meditation			
4. Music or sound meditation			
5. Nature - Based meditation			
6. Guided Meditation			

OTHER SIMPLE MEDITATIONS



PART THREE

MEDITATION PRACTICES FOR PARENTS AND CHILDREN

Pages 1 – 2

The Five Finger Breathing Technique

Page 3

Mindful Eating Activity

Page 4

Movement Meditation

Pages 5 – 6

Nature Meditation Activity

Page 7

Body Scan Meditation

PART FOUR


SIMPLE MEDITATION PRACTICES FOR PARENTS AND CHILDREN

Guided meditation


The Five-Finger Breathing Technique is a simple and effective mindfulness exercise that combines breath awareness with tactile focus. It's great for children and adults alike to help calm the mind and bring attention to the present moment.

Steps:


1. Get Comfortable

-  Sit or stand in a relaxed position. If possible, place your hands where you can see them.



2. Hold Out One Hand

-  Extend one hand with fingers spread wide like a star. This will be the focus of the exercise.

3. Use the Pointer Finger of the Other Hand

-  Place the pointer finger of your opposite hand at the base of your thumb on the extended hand.

4. Trace Your Fingers with Your Breath

-  As you trace up the side of your thumb, take a slow, deep breath in through your nose.
-  As you trace down the other side of your thumb, slowly breathe out through your mouth.



PART THREE

SIMPLE MEDITATION PRACTICES FOR PARENTS AND CHILDREN

5. Continue Tracing Each Finger



Repeat this pattern for each finger.

- *Inhale as you trace up the side of a finger.*
- *Exhale as you trace down the other side.*



6. Stay Focused



Focus on the movement of your finger and the sensation of your breath. If your mind starts to wander, gently bring your attention back to the tracing.

7. Complete All Five Fingers



Once you've finished tracing all five fingers, pause for a moment with your hands resting, and take one final deep breath.

Tips for Parents and Children:



Encourage your child to go at their own pace.



You can add a calming affirmation, like "I am calm" or "I am safe," during each breath.



Practice this together to show them how it's done and to bond over the experience.



Ask children how they feel after this activity

This technique is portable and can be used anywhere, making it a wonderful tool for managing stress or refocusing attention.

PART THREE

SIMPLE MEDITATION PRACTICES FOR PARENTS AND CHILDREN

Mindful Eating Activity

Instructions:

Offer a small piece of fruit.



Ask the child to observe its color, texture, and smell.



Then, bite slowly and notice the taste and sensation.



Post-Meditation Questions:

"How did the fruit taste different when you ate it slowly?"

PART THREE

SIMPLE MEDITATION PRACTICES FOR PARENTS AND CHILDREN

Movement Meditation

Instructions:

Practice a simple yoga pose like the "tree pose."
Encourage the child to focus on balance and breathing.



Post-Meditation Questions:

"Was it easy or hard to balance? What did you feel?"



PART THREE

SIMPLE MEDITATION PRACTICES FOR PARENTS AND CHILDREN

Nature Activity

Instructions:

Go for a walk or sit outside with your child.

Ask them to focus on:

- 5 things they can see
- 4 things they can hear
- 3 things they can feel
- 2 things they can smell
- 1 thing they can taste.



Post-Meditation Questions:

Ask "What did you see, hear? How did the sun/wind feel on your skin?" What could you smell? Taste?

NATURE ACTIVITY OBSERVATION SHEET



Draw what you hear



Describe the texture you feel

Draw what you see



PART THREE

SIMPLE MEDITATION PRACTICES FOR PARENTS AND CHILDREN

Body Scan Meditation

Instructions: Guide your child to lie down on a soft surface. Encourage them to close their eyes and take a deep breath. Then say:

"Let's start at your toes. Wiggle them and notice how they feel. Are they warm, cool, or tingly?"

"Now move your attention to your legs. Can you feel them resting on the floor or bed?"

"Bring your focus to your tummy. Feel it rise and fall with your breath."

"Finally, bring your attention to your head. Relax your face and jaw. Imagine your whole body feeling calm and peaceful."

"Move to your arms and fingers. Can you feel them touching anything?"

"Notice your chest and shoulders. Do they feel tight or relaxed?"