

PART THREE

MEDITATION PRACTICES FOR PARENTS AND
CHILDREN KEY STAGE 1



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SIMPLE MEDITATION PRACTICES FOR PARENTS AND CHILDREN KEY STAGE 1 (Age 4 – 7)

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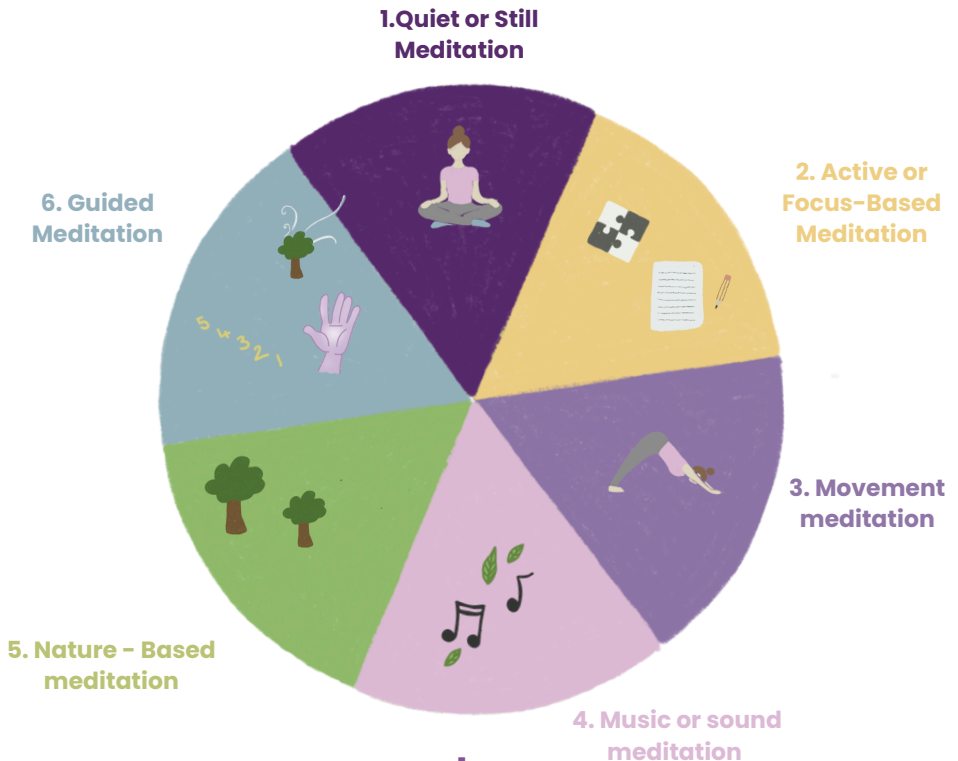
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Meditation Checklist

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Introduction

For younger children, meditation doesn't have to mean sitting still for long periods. At this age, kids are naturally curious, energetic, and imaginative, so meditation should be engaging, playful, and short. Simple mindfulness activities help children develop focus, regulate emotions, and build self-awareness in a fun and approachable way. We will share with you a selection of different exercises for you to try with your child



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QUIET OR STILL MEDITATION PRACTICES FOR PARENTS AND CHILDREN

At ages 4–7, children are:

- ✓ Learning how to identify and express emotions – Meditation helps them process big feelings like frustration, excitement, or sadness.
- ✓ Building early focus and attention skills – Short mindfulness exercises improve concentration, helping with learning and play.
- ✓ Exploring their senses and body awareness – Meditation introduces simple breathing and movement techniques to promote calmness and self-regulation.
- ✓ Responding best to guided and imaginative experiences – storytelling, sound, and nature-based meditations make mindfulness more enjoyable for young minds.

Here are six fun and easy meditation exercises for children aged 4–7, categorised by different styles of meditation.

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QUIET OR STILL MEDITATION PRACTICES FOR PARENTS AND CHILDREN

Quiet or Still Meditation Exercise for Parents and Children:

The Floating Cloud Meditation

This meditation helps children develop mindfulness by teaching them to observe their thoughts without getting caught up in them. It's a simple, calming exercise that encourages relaxation, patience, and self-awareness.

Duration: 3–5 minutes

Best For: Easing stress, developing focus, and teaching emotional awareness.

Age Range: 4+ (younger children may need shorter sessions)

How to do the Floating Cloud Meditation

Step 1: Find a Comfortable Space

- **Sit** together in a quiet, comfortable space, either on the floor with crossed legs or on chairs with feet flat.
- **Ask** your child to gently close their eyes or softly gaze at a spot in front of them.

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QUIET OR STILL MEDITATION PRACTICES FOR PARENTS AND CHILDREN

Step 2: Set the Scene

- **Say** to your child in a calm, soothing voice: "Imagine that you are lying on soft grass, looking up at the big, open sky. The sky is bright blue, and fluffy white clouds are floating by."

Step 3: Focus on the Breath

- **Guide** your child to take a deep breath in through the nose and slowly exhale through the mouth.
- **Say** "Let's take slow, deep breaths—just like the gentle breeze moving the clouds."
- Do this for a few breaths together.

Step 4: Watching Thoughts Like Clouds

- **Explain:** "Now, imagine that each of your thoughts is like a little cloud in the sky. Some clouds might be big, some might be small, and some might move fast or slow."
- **Gently guide them:** "If a thought comes into your mind, don't hold onto it—just watch it float by, just like a cloud in the sky."
- If their mind wanders, remind them: "It's okay if thoughts come and go. Just notice them, and then let them drift away."

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QUIET OR STILL MEDITATION PRACTICES FOR PARENTS AND CHILDREN

Step 5: Quiet Observation

- **Sit** together in peaceful stillness for about 1–3 minutes, letting your child imagine their thoughts gently floating by like clouds.

Step 6: Closing the Meditation

- **Say** "Now, imagine the sky is clear and bright. Take a deep breath in... and let it out slowly."
- **Guide** them to slowly open their eyes and stretch gently.
- **Ask:** "How did that feel? Did you notice any clouds (thoughts) passing by?"

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QUIET OR STILL MEDITATION PRACTICES FOR PARENTS AND CHILDREN

Why This Works:

- ✓ Teaches mindfulness—children learn to observe thoughts instead of reacting to them.
- ✓ Reduces stress—slow breathing and visualisation help calm the nervous system.
- ✓ Encourages emotional awareness—kids learn that thoughts and feelings are temporary, just like clouds.
- ✓ Strengthens focus—watching "clouds" helps improve attention and patience.

This meditation is a beautiful way to help children develop emotional resilience and a sense of inner **peace**.



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ACTIVE FOCUSSED MEDITATION PRACTICES FOR PARENTS AND CHILDREN

Active/Focused Meditation Exercise for Parents and Children: "The Mindful Spidey Senses"   

This fun meditation helps children develop focus and awareness by sharpening their senses—just like a superhero! It encourages them to pay close attention to their surroundings, improving concentration, presence, and mindfulness in a playful way.

Duration: 5–7 minutes

Age Range: 3+ (adjust complexity based on age)

How to Do "The Mindful Spidey Senses" Exercise:

Step 1: Set the Scene

Say to your child: "Did you know that Spider-Man has super strong senses? He can hear things far away, see tiny details, and feel even the smallest changes in the air. Right now, we're going to turn on our 'Spidey Senses' and focus on everything around us!"

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ACTIVE FOCUSED MEDITATION PRACTICES FOR PARENTS AND CHILDREN

Step 2: Activate the Senses One by One

Guide your child to focus on each sense individually



Sight (Visual Awareness):

"Look around and notice something new you haven't seen before. It could be a tiny crack on the wall, the pattern on your clothes, or the way the light shines on something. What do you see?"



Hearing (Sound Awareness):

"Close your eyes and listen. Can you hear a clock ticking? A bird outside? Your own breathing? What's the quietest sound you can hear?"



Smell (Scent Awareness):

"Breathe in through your nose. Can you smell anything? Maybe the air smells fresh, or you notice the scent of food, soap, or even your own clothes!"



Touch (Tactile Awareness):

"Now, rub your fingers on your clothes or touch something nearby. Is it soft, rough, warm, or cool? Can you feel the air on your skin?"

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ACTIVE FOCUSED MEDITATION PRACTICES FOR PARENTS AND CHILDREN

Step 3: Focus on One Special Sense

Ask: *"Which of your Spidey Senses feels the strongest right now? Let's focus on that one for a moment."*

Encourage your child to breathe deeply while tuning into that sense.

Step 4: Closing the Meditation

Say: *"Great job! You just used your super Spidey Senses to be fully present! Whenever you need to focus or feel calm, you can turn them on again."*

High-five your child to celebrate their mindful moment!



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ACTIVE FOCUSED MEDITATION PRACTICES FOR PARENTS AND CHILDREN

Why This Works:

- ✓ Engages active minds—keeps kids moving and focused without needing complete stillness.
- ✓ Develops sensory awareness—helps children connect to their surroundings in a mindful way.
- ✓ Boosts attention and focus—teaches kids to be fully present in the moment.
- ✓ Encourages fun and playfulness—makes mindfulness enjoyable and relatable.

This is a fantastic exercise for energetic children who struggle with still meditation. It turns mindfulness into an adventure, helping them build focus and awareness like a true superhero!

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MOVEMENT MEDITATION PRACTICES FOR PARENTS AND CHILDREN

Movement Meditation Exercise for Parents and Children:

"The Animal Walk Adventure"



This playful movement meditation helps children connect their breath with physical movement, enhancing focus, body awareness, and emotional regulation. By imitating different animals, children engage their imagination while practising mindfulness in an active way.

Duration: 5–7 minutes

Age Range: 3+ (can be adjusted based on energy level and space)

How to Do "The Animal Walk Adventure" Exercise:

Step 1: Set the Scene

Say to your child: *"We're going on a special adventure where we'll move like different animals! Each one has its own way of walking and breathing. Let's explore them together!"*

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MOVEMENT MEDITATION PRACTICES FOR PARENTS AND CHILDREN

Step 2: Move Like the Animals

Guide your child through each movement, encouraging slow, mindful breaths with each step.

Turtle Walk (Slow & Steady)

Walk very slowly, taking deep breaths in and out.

Say: "Turtles move slowly and carefully. Let's take big, deep breaths as we move, just like a wise turtle."



Bunny Hops (Light & Playful)

Hop gently forward, landing softly.

Say: "Bunnies are quick but gentle. Let's take small hops and breathe in as we jump, and out as we land!"

Butterfly Flutters (Graceful & Flowing)

Stretch arms wide and flap them like butterfly wings while walking lightly.

Say: "Let's move like a butterfly, floating through the air.

Breathe in as we lift our wings, and breathe out as we float down."



Lion Roar (Confident & Strong)

Stand tall, take a deep breath in, and let out a gentle or strong "roar" as you exhale.

Say: "Lions are strong and brave. Let's take a big breath in... and a powerful roar out!" ✨🌟

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MOVEMENT MEDITATION PRACTICES FOR PARENTS AND CHILDREN

Snake Slither (Smooth & Focused)

Move in a slow, wavy motion (or lie down and gently twist side to side).

Say: "Snakes move smoothly. Let's take slow, deep breaths as we glide along like a calm, focused snake."

Step 3: Return to Stillness

Guide your child to take a few slow steps back to a seated position.

Say: "Now, let's sit quietly and feel how our bodies are different after moving like these animals."

Step 4: Closing the Meditation

Take one final deep breath together and say: "Great job! You moved like different animals and practised breathing with your body. You can use these movements anytime you need to feel calm, strong, or focused!"

Give your child a high-five or hug to celebrate their mindful movement.

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MOVEMENT MEDITATION PRACTICES FOR PARENTS AND CHILDREN

Why This Works:

- ✓ Encourages movement and mindfulness—perfect for active kids who find still meditation challenging.
- ✓ Enhances focus and emotional regulation—teaches children to connect movement with breath and awareness.
- ✓ Engages imagination and creativity—makes mindfulness fun and playful.
- ✓ Releases energy in a positive way—helps with self-regulation and stress relief.

This meditation is ideal for moments when children need a mindful energy release, such as before bedtime, after school, or when transitioning between activities!

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MUSIC SOUND MEDITATION PRACTICES FOR PARENTS AND CHILDREN

Music/Sound Meditation Exercise for Parents and Children: "The Sound Safari"



This fun meditation uses different sounds to help children develop focus, patience, and sensory awareness. By actively listening, children become more present and mindful while also enjoying the soothing effects of sound.

Duration: 5–7 minutes

Age Range: 3+ (younger children may enjoy shorter sessions)

How to Do "The Sound Safari" Exercise:

Step 1: Set the Scene

Say to your child: *"We're about to go on a special adventure—a Sound Safari! We'll listen closely to different sounds around us, just like explorers in nature. Let's see what we can hear!"*

Step 2: Get Comfortable & Close Eyes

Sit together in a quiet, comfortable space.

Ask your child to close their eyes (or soften their gaze) to help them focus on sound.

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MUSIC SOUND MEDITATION PRACTICES FOR PARENTS AND CHILDREN

Step 3: Begin Listening

Start by guiding your child to take three deep breaths to settle in.

Then, introduce different sounds one at a time:

Bells or Chimes:

Gently ring a small bell or chime and say: "Listen carefully—see if you can hear the sound all the way until it disappears."

Repeat a couple of times, encouraging deep listening.

Humming or Singing Bowls:

Hum a soft note or use a singing bowl (if available).

Say: "Feel how the sound vibrates. Imagine the sound is filling up the air like a gentle wave."

Vocal Sound Exploration:

***Ask** your child to try making a soft "mmmm" or "ahhh" sound with you.*

***Say:** "Let's feel the sound in our bodies. Can you feel it in your chest or your head?"*

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MUSIC SOUND MEDITATION PRACTICES FOR PARENTS AND CHILDREN



Nature Sounds (Real or Recorded):

If outside, listen for birds, wind, or rustling leaves.

If indoors, play soft nature sounds and say: "Close your eyes and imagine where these sounds come from. What do you picture?"

 **Breath Sounds:**

Guide your child to take slow breaths and focus on the sound of their own breathing.

Say: "Can you hear your breath? It's like a gentle wave moving in and out."

Step 4: Reflection & Closing

Gently guide your child to open their eyes.

Ask: "What was your favourite sound? Did you hear anything new?"

End with a soft affirmation:

"You just took a journey with sound. You can always listen like this to feel calm and focused."

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MUSIC SOUND MEDITATION PRACTICES FOR PARENTS AND CHILDREN

Why This Works:

- ✓ Develops deep listening skills—teaches children to focus and be present.
- ✓ Enhances relaxation—calming sounds help slow down the nervous system.
- ✓ Improves sensory awareness—connects children with their environment.
- ✓ Encourages emotional regulation—teaches kids how sound influences mood.

This meditation is perfect before bedtime, during transitions, or whenever a child needs a moment of calm through sound.



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NATURE BASED MEDITATION PRACTICES FOR PARENTS AND CHILDREN

Nature-Based Meditation Exercise for Parents and Children: "The Listening Tree"



This outdoor meditation helps children feel grounded and connected to nature by using mindful listening and deep breathing. It encourages calmness, patience, and appreciation for the natural world.

Duration: 5–10 minutes

Age Range: 3+ (can be adapted for different ages)

How to Do "The Listening Tree" Exercise:

Step 1: Find a Special Tree

Go outside with your child and find a tree to sit under or near.

If indoors, you can sit by a window and look at a tree or plant.



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NATURE BASED MEDITATION PRACTICES FOR PARENTS AND CHILDREN

Step 2: Get Comfortable & Breathe

Sit together with backs against the tree or legs crossed beneath it.





Say: "Let's sit like a tree—tall and strong. Our back is the trunk, our legs are the roots, and our arms are the branches."

Take three deep breaths together, imagining roots growing from your body into the ground.

Step 3: Listen to the Sounds of Nature

Close your eyes and say: "Let's be very quiet and listen like the tree does. What sounds can we hear?"

Encourage your child to notice:

-  Leaves rustling
-  Birds chirping
-  Insects buzzing
-  The wind blowing

If indoors, use nature sounds or play soft wind chimes.



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NATURE BASED MEDITATION PRACTICES FOR PARENTS AND CHILDREN

Step 4: Feel the Tree's Energy

Ask: "Can you feel the tree? How does its bark feel? Is it rough, smooth, warm, or cool?"

Encourage your child to touch the tree's bark or leaves mindfully.

Step 5: Imagine Growing Like a Tree

Say: "Imagine you are a tree. Your roots go deep into the earth, keeping you strong. Your branches stretch up to the sky, feeling the sunshine."

Take a few slow, deep breaths, pretending to "breathe in the fresh air" like a tree.

Step 6: Closing the Meditation

Whisper: "When you're ready, slowly open your eyes and say 'thank you' to the tree for sharing its space with us." Ask your child how they feel and if they noticed anything special.



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NATURE BASED MEDITATION PRACTICES FOR PARENTS AND CHILDREN

Why This Works:

- ✓ Grounds children in the present moment—calms anxious minds by focusing on nature.
- ✓ Encourages sensory awareness—engages hearing, touch, and sight.
- ✓ Boosts relaxation and focus—slow breathing and outdoor elements create a peaceful state.
- ✓ Strengthens connection to nature—instils appreciation and mindfulness toward the environment.

This meditation is perfect for calming moments outdoors, before or after school, or as a mindful break in a busy day!



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GUIDED MEDITATION PRACTICES FOR PARENTS AND CHILDREN

Guided Meditation Exercise for Parents and Children:

"The Magic Balloon Ride"



This guided meditation helps children relax, use their imagination, and practice deep breathing. It's a great way to reduce stress, improve focus, and create a sense of calm and wonder.

Duration: 5–10 minutes

Age Range: 3+ (adjust wording based on age)

How to Do "The Magic Balloon Ride" Exercise:

Step 1: Get Comfortable

- *Sit or lie down in a quiet, cozy spot with your child.*
- **Say:** *"Close your eyes and take a deep breath in... and out... Let's go on a special journey together!"*


Step 2: Imagine Holding a Balloon

- **Say:** *"Imagine you're holding a big, beautiful balloon. What colour is it? Is it red, blue, yellow, or maybe even rainbow-colored?"*
- *Let your child choose and visualise their balloon.*

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GUIDED MEDITATION PRACTICES FOR PARENTS AND CHILDREN

Step 3: Fill the Balloon with Your Breath

- **Guide** your child through deep breathing: 
- "Take a slow, deep breath in through your nose... now blow out through your mouth and fill up the balloon. Watch it get bigger and bigger!"
- Repeat this for 3–5 breaths.

Step 4: Float into the Sky

- **Say:** "Your balloon is so full of air that it gently lifts you up! You're floating higher and higher, feeling light and free. Below, you can see tiny houses, trees, and rivers. What do you see?"
- Let your child describe their view, encouraging imagination.



Step 5: Feel the Calm of Floating

- **Guide** them to relax: "You feel safe, warm, and happy as you float peacefully. The wind is soft, and the sky is bright. You can hear birds singing and feel the sun on your face."
- Let them take a few slow, deep breaths, enjoying this peaceful moment.

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GUIDED MEDITATION PRACTICES FOR PARENTS AND CHILDREN



Step 6: Gently Float Back Down

- **Say:** *"Now, your balloon is slowly floating down, back toward the ground. You land gently, feeling happy and relaxed."*
- *Encourage one final deep breath in and out before opening their eyes.*

Step 7: Reflection & Closing

- **Whisper:** *"Wiggle your fingers and toes, stretch a little, and when you're ready, open your eyes."*
- **Ask:** *"How did your balloon ride feel? What did you see?"*

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GUIDED MEDITATION PRACTICES FOR PARENTS AND CHILDREN

Why This Works:


- ✓ Encourages deep breathing—helps children calm their nervous system.
- ✓ Develops visualisation skills—boosts creativity and imagination.
- ✓ Promotes emotional regulation—creates a safe, peaceful mental space.
- ✓ Helps with bedtime or anxiety—a gentle way to ease stress and improve sleep.

This meditation is perfect before bed, after a stressful moment, or anytime a child needs a calming break. ✨



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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			