This week we have been exploring meditation during our collective worship sessions. Lots of children have said that they want to try this at home and so there is a link below that takes you to the twelve minute guided meditation for children that we have used in school. This is best done in a quiet room where they be undisturbed during the meditation.

Meditation is a great way for children to learn to be still and develop strategies for managing their feelings and emotions.

The principles behind simple meditation are that you try to clear your mind of any thoughts by focussing on, in this case your breathing. After trying the meditation, many children said that they felt really rested, calm and peaceful which is obviously a really important skill. If your child is sometimes angry or appears stressed or anxious, meditation is an excellent way of coping with negative emotions.

Like any new skill, the more often meditation is practised, the easier and more effective it becomes; once a day is recommended.

https://www.youtube.com/watch?v=Bk_qU7l-fcU

Interested in finding out more:

https://chopra.com/articles/3-kid-friendly-meditations-your-children-will-love

https://mindworks.org/meditation-knowledge/meditation-for-children/

There are lots of different guided meditations for children on the New Horizons website:

http://www.newhorizonholisticcentre.co.uk/kids-meditation.html