

Meditation for Young Children

For school teachers, this meditation is ideal to settle children after playing and to have them focus their attention for learning. If children are lethargic or disinterested then get them to do some stretching before the practice.

You can ask one of the children where or who they would like to send a rainbow to from the class today. Ask the children to sit either cross-legged with hands on knees, on the floor without touching each other or at their desks.

For parents and carers, it is also a lovely practice to do at home.

Here is the script that can be read at a pace according to the age of the children:

Close your eyes tightly, open them wide and let them close over lightly.

Feel your body sitting on the floor/chair. Notice how the floor/chair supports your body. Be aware of the shape of your body. Notice the touch of your clothing. Feel the texture of your clothing and notice the temperature that your clothing helps create. Notice if there are any twitchy, itchy or restless parts of your body.

Become aware of your breathing noticing the inward and outward breath. You'll notice a little rest at the end of the inward breath before it becomes an outward breath. There's another rest at the end of the outward breath before it becomes an inward breath. Just be aware of the rest at the end of the inward and outward breath.

Now imagine a bright and beautiful rainbow that comes down through the ceiling, that surrounds and envelops each one of us, passes through us into Mother Earth. Breathe in the iridescent colours of the rainbow. Breathing in sparkling red, orange, yellow, green, blue, indigo and violet. A soft iridescent mist of colour that flows into your body with each inward breath.

Imagine the colours gathering in your heart; bless them with your love and extend the other end of the rainbow out through the ceiling to (the person, place or situation – eg. to Harry's mother, to the people affected by the cyclone, to all the animals who are frightened by the fires/floods/storms). See them bathed in the light and peace of the rainbow; filled with its healing and magic. Extend your love and blessings like fairy dust across the rainbow to her/them/it and see them filled with peace and love. See them comforted by the rainbow and connected to you with via a rainbow of love. (Pause for a few moments)

Now focus on your own heart and breathe in the colours of the rainbow to bring you peace and happiness. And, when you're ready, open your eyes again.

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