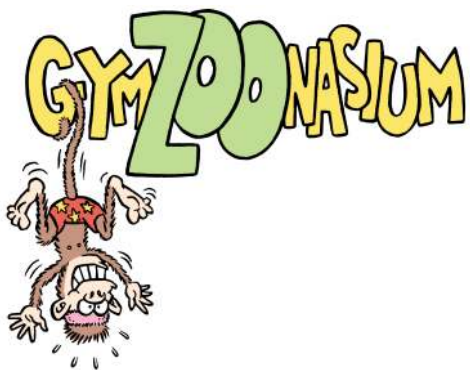
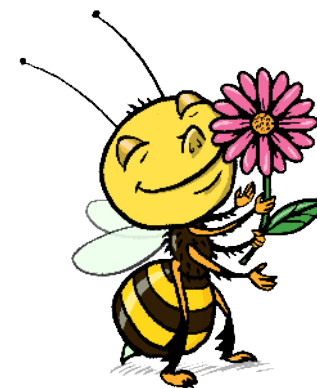




MEDITATION SESSION TIPS



Benefits of Meditation for Children

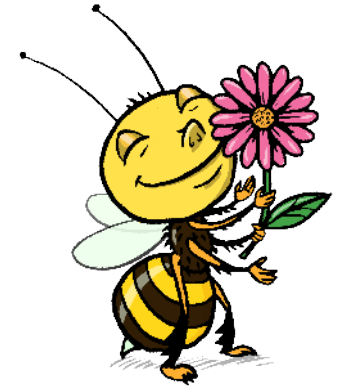
- Improved focus at school
- Improved working memory
- Improved self-regulation
- Reduced stress, anxiety and depression
- Improved happiness and overall mental health

Environment/Sensory Considerations

Will the room support the children to feel relaxed?

Checklist to consider

- Comfortable temperature
- Dim lighting (especially if the children are lying down, looking upwards)
- Limit background and outside noise
- Provide children space to spread out their limbs without touching others



Expectations

- It is normal for children to engage in some movements during calm time (especially if they are invited to move their awareness around to different parts of their body)
- Some children may feel less relaxed when asked to close their eyes. Instead, offer for them to find a spot to focus on.
- Meditation can take time to become familiar with and at first may even feel exciting. Try doing shorter meditations first and build up the duration over time.