

Teach your child to meditate in 3 easy steps

Even if you teach your child ONE meditation, it is enough to carry them into the future. Just plant the seed inside them, and bring them into your own practice. Even if they don't get it, just seeing you after your own practice, walking into the room fully relaxed and stress free will be enough for them to see and feel the benefits of this practice.

I would recommend starting from age 5yrs and up unless an older sibling is included to add a little peer-promotion!

Why don't you ask your child if they want to try something new? Let them know it's something that Mummy or Daddy find very important in order to be the best that you can be! That will be enough to spark their curiosity.

I haven't found a child yet who doesn't enjoy the idea of meditation or floating in dreamland.

To begin - start with 2 minutes a day. Only they will know when they are ready to lengthen this timeframe.

Early evening is a great time to start this practice. Choose a quiet room that is NOT the TV room. Grab a few comfy cushions and sit on the floor facing each other.

Day One & Two *Teach them Yogic Breath*

Whilst in a comfy sitting position, get your child to place their hands gently on their thighs and close their eyes.

Ask your child to place a hand on their stomach and start to take large slow breaths in and

out. Tell them to notice how their belly “expands when you breathe in, and lowers again when you breathe out”.

Just spend 2 minutes doing this simple exercise.

Benefit;

If ever your child is panicking and can't calm down - this is an instant de-stressor, as they learn to control their focus and breathing. This exercise is also a nice way to relax into bedtime sleep if the child is over-tired and can't sleep. When you slow your breath, you tell your brain to kick start the parasympathetic nervous system, which tells the rest of your body that 'all is ok, you are safe'.

Day Three

Teach them a Personal Mantra

Again, sitting comfortably in a crossed leg position (perhaps on a cushion) in a quiet safe room, start by having a gentle conversation with your child about what they would like to change about themselves - is it self-esteem? Or anxiousness? Or hyperactivity? Whatever it is, gently and calmly work with your child to make up a personalized mantra that only they will use.

Examples could be:

Self-esteem - “I believe in me!”

Fear of Failing - “I will excel in my next race/exam/recital (whatever it is specifically)”

Anxiousness - “I love myself, I am happy!”

Hyperactivity or Anger - “Peace begins with me”

Tip; Make it simple and short and personal.

Now ask your child to close their eyes, resting their hands on the thighs gently with their palms facing up. Begin by focusing in on the breath for 60 seconds - using slow deep belly breaths.

Get them to begin repeating their mantra slowly, and with each word spoken, tell them to touch each finger to the thumb on the same hand (much like a crab using its pincers)

I.e. "I" (touch pinky with thumb) "am" (touch ring finger to thumb) "fearless" (touch middle finger to thumb), "I" (touch pointer with thumb) "am" (touch pinky with thumb) "fearless" (touch ring finger to thumb)

...And so on.

Benefit;

In this exercise, the use of a Mantra, breathing and physical touch combined brings all the senses into play, which activates several areas of the brain to work cohesively, meaning the mantra takes hold quickly and strengthens the impact of such an affirmation.

Do this for 2 minutes to begin, adding 1 minute each day. (Or again, if the child wants to stay in the Mantra for 10 minutes then let them!)

Continue with Breath Meditation and Mantra meditation for the first week each evening or morning.

Week Two

Teach Them Rapid Breathing

Settle in with your child in to a relaxed state as taught above. Once the child is relaxed, tell them to breathe IN through the nose for 4 quick rapid sniffs whilst pulling their naval in toward their spine on each count and then let 1 long breath OUT through the mouth - pushing out their naval on the out breath.

Count: In, 2, 3, 4, Out 1.

Practice for 1 minute.

Benefit;

This exercise is well known as the Breath of Fire, practiced for thousands of years to re-energize the body's magnetic field, increase blood and Oxygen flow, balance the nervous system whilst also (if done powerfully) the pulsating of the diaphragm messages the internal organs thus improving the digestive system!

So there you have it. 3 easy techniques to get your children involved in your meditation practice and to ensure they have life long tools to help them in stressful situations too.

If you found this eBook useful, please post your comments on my Facebook page /Aniwilsonofficial or /thehealthhug

Until then, be brilliant, be pure and most of all, be 100% YOU.

Ani WILSON