



BREATHING MEDITATION FOR CHILDREN – INSTRUCTIONS

- ✚ Find a quiet space where you can meditate without interruptions
- ✚ Breath out slowly
- ✚ Breath in slowly, through your nose, to the count of 4
- ✚ Hold your breath to the count of 7
- ✚ Breath out slowly, with your mouth closed, to the count of 8.
- ✚ Repeat 3 times
- ✚ Stay with your eyes closed for 10-20 seconds
- ✚ Open eyes slowly and smile 😊
- ✚ Repeat twice a day, in the morning and late afternoon