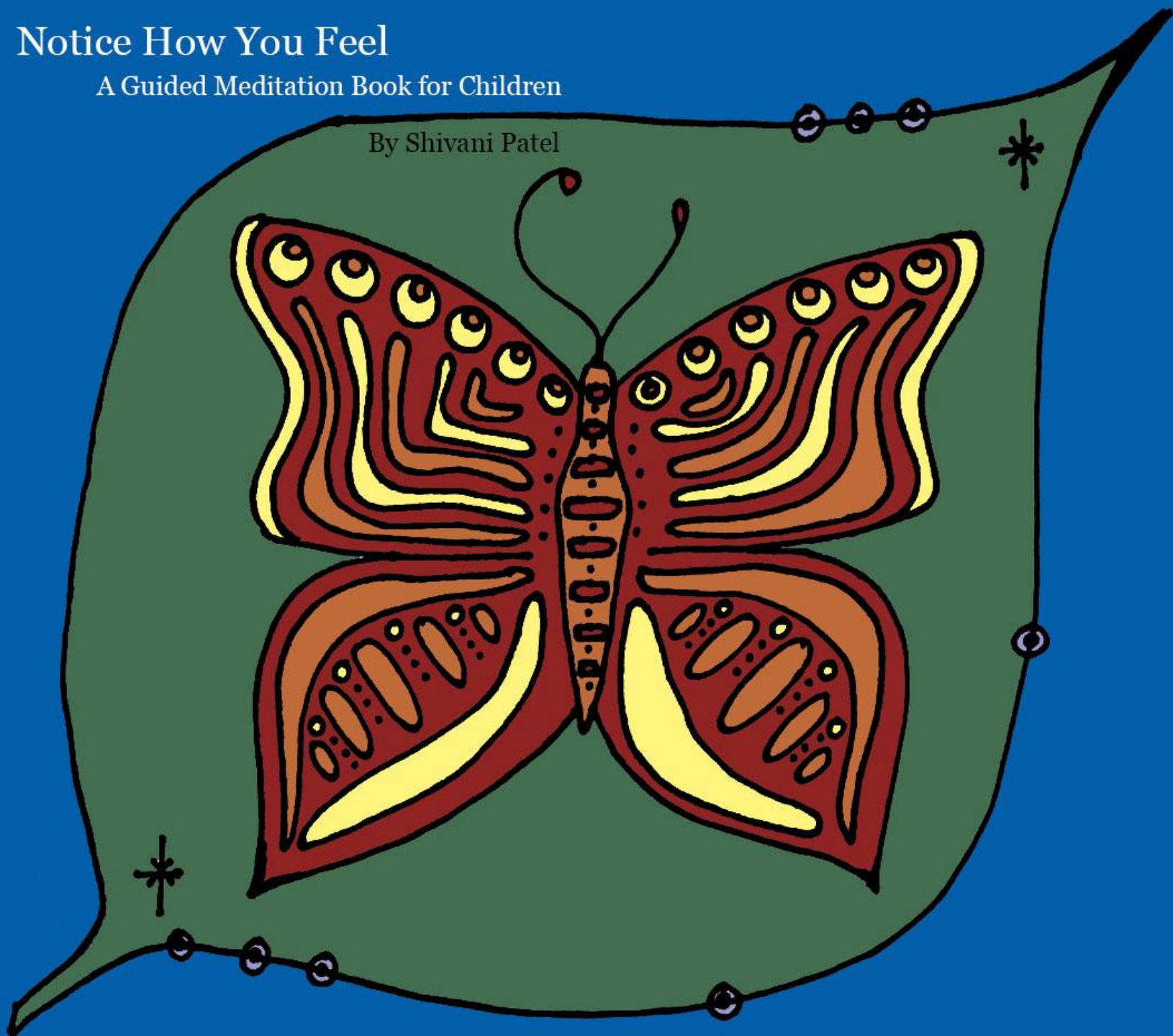



Notice How You Feel

A Guided Meditation Book for Children

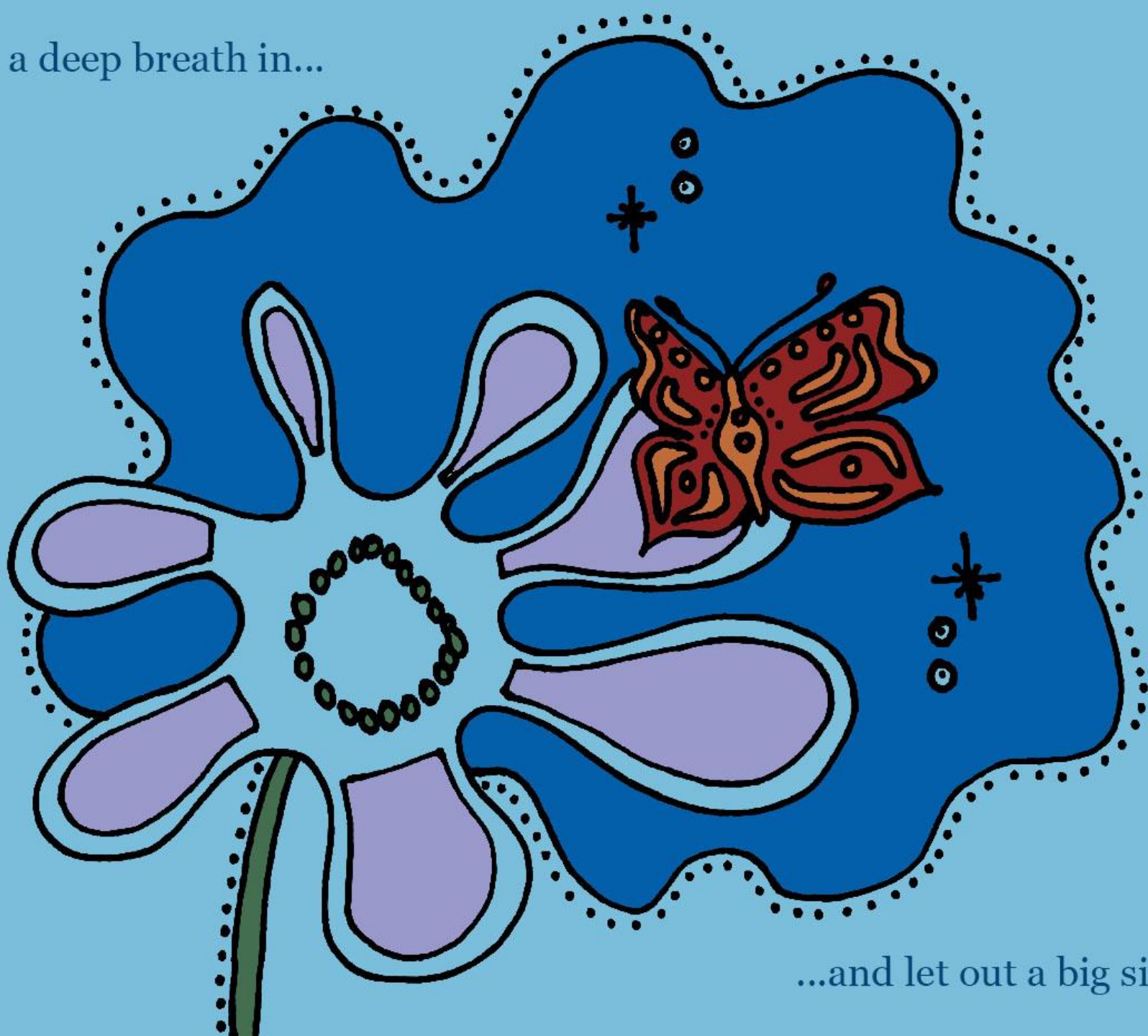
By Shivani Patel





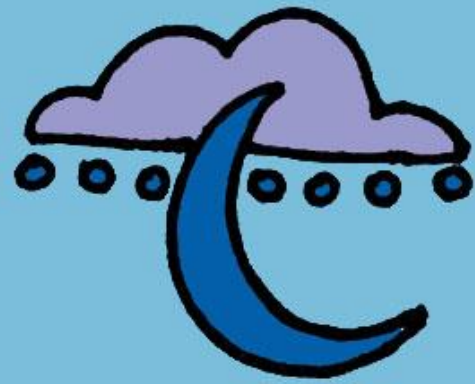
Are you sitting
or standing comfortably?

Take a deep breath in...



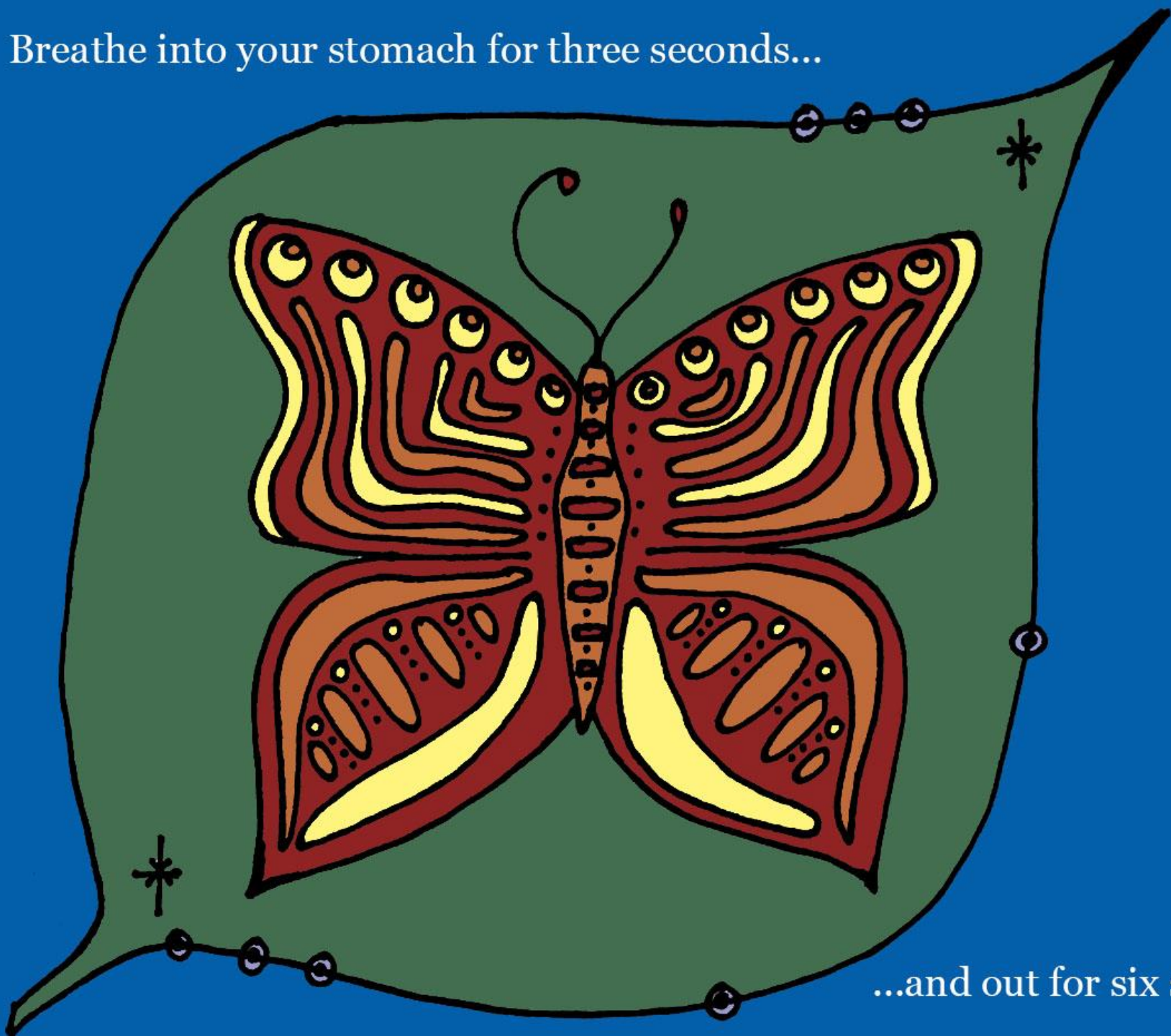
...and let out a big sigh.

Let's try that again...



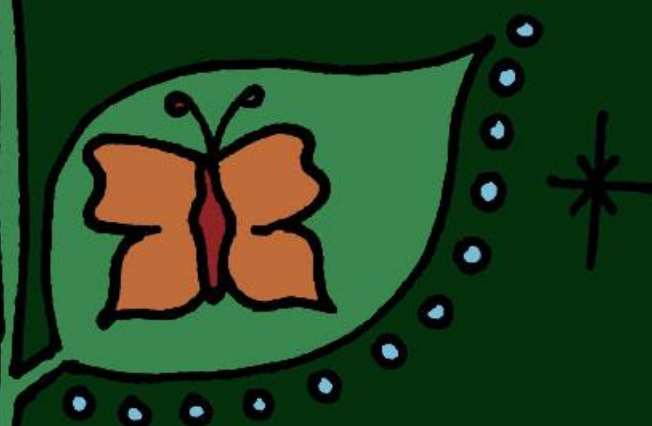
...and one more time.

Breathe into your stomach for three seconds...



...and out for six seconds.

Let's try that again...



...and one more time.





What colours can you see?

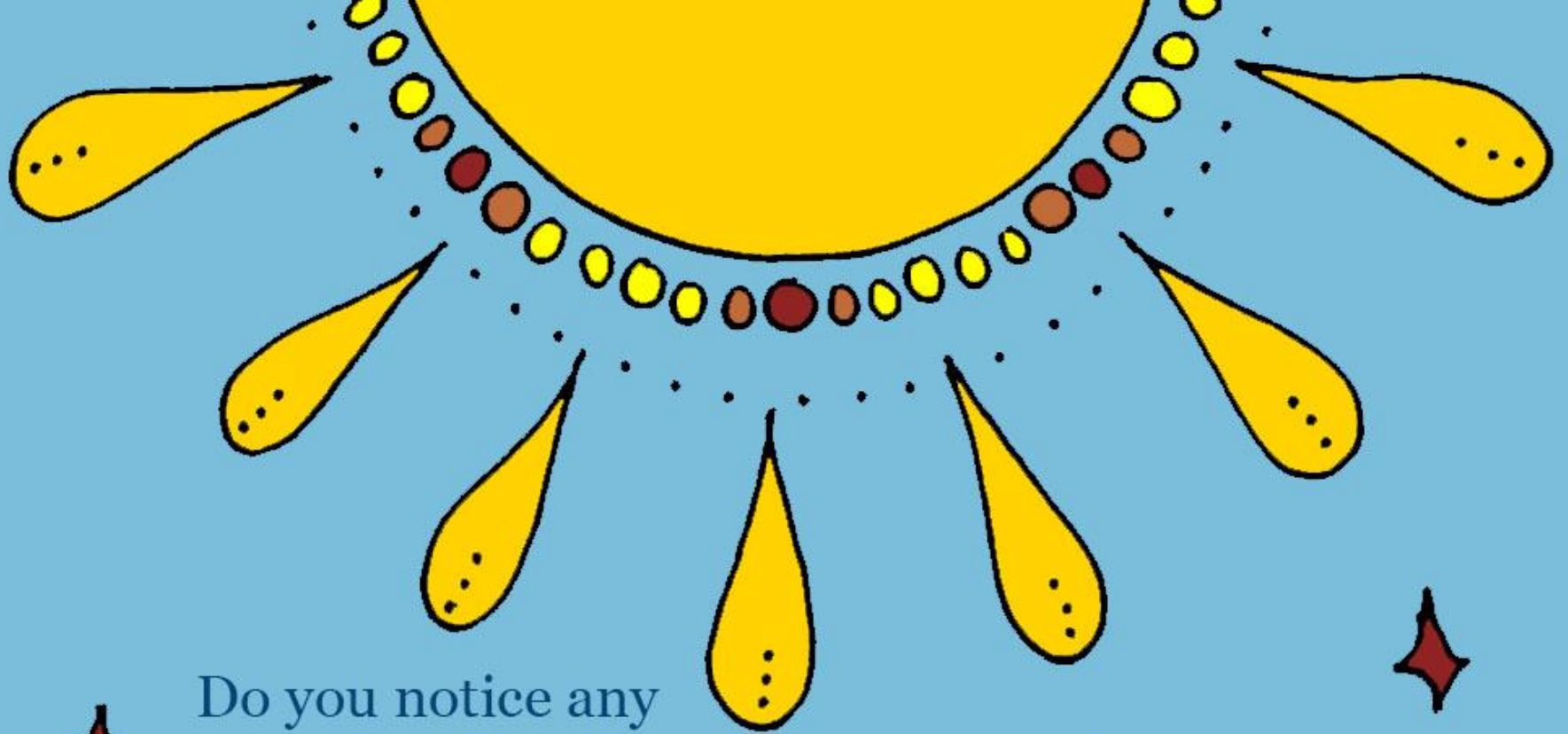
What shapes can you see?

What can you hear?



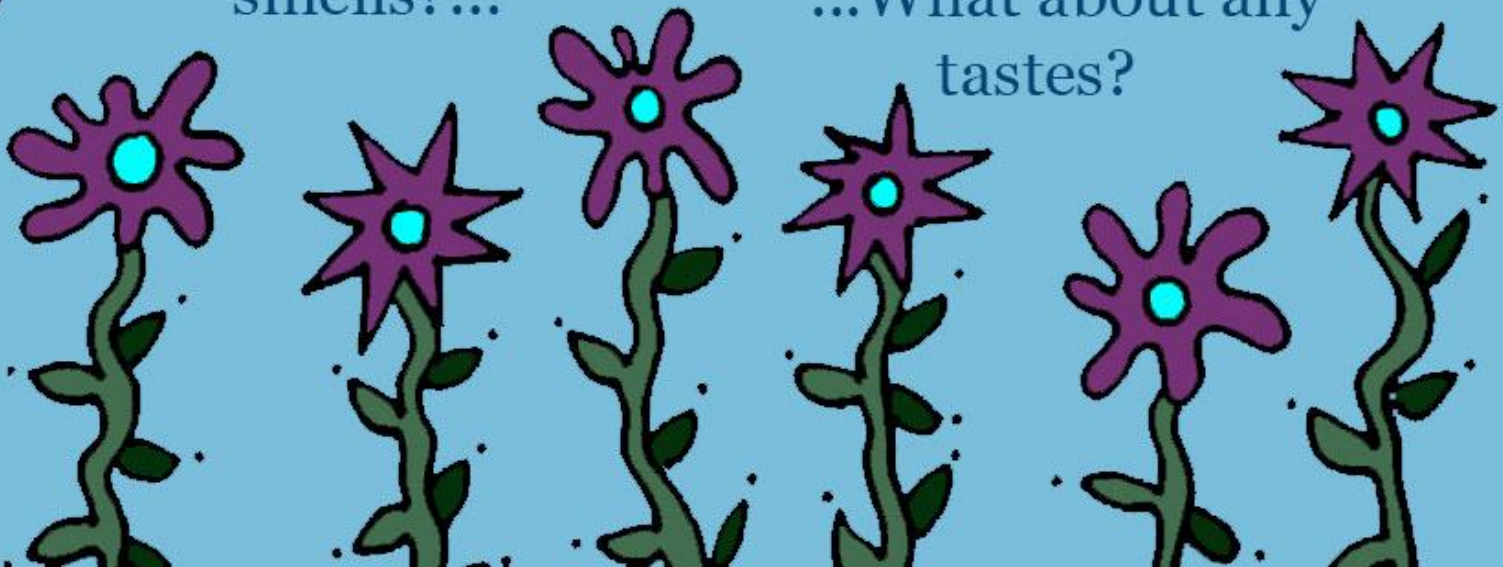
Are some sounds
further away?...

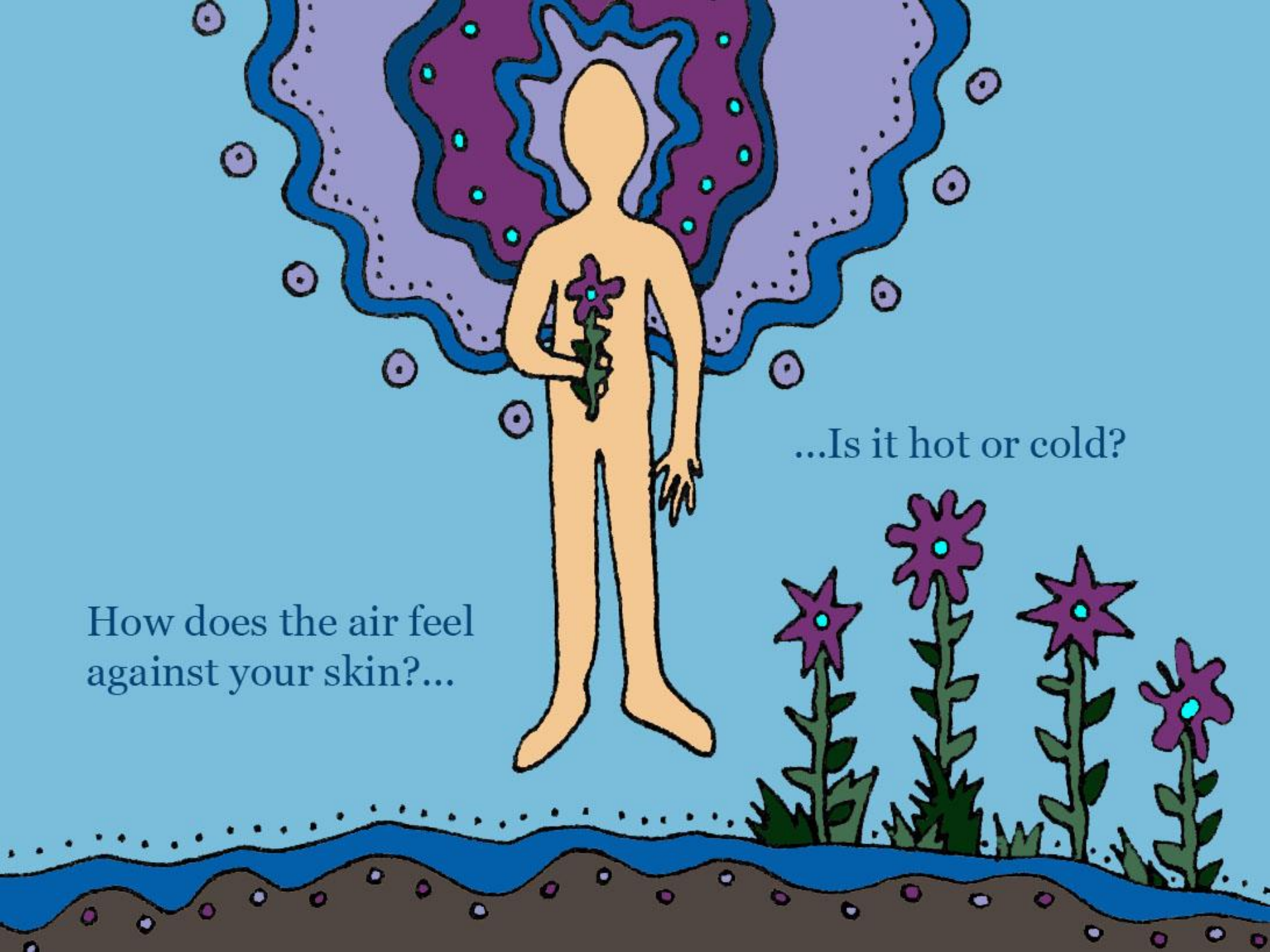
...Are some sounds close by?



Do you notice any
smells?...

...What about any
tastes?





How does the air feel
against your skin?...

...Is it hot or cold?

Notice how you are
sitting or standing...



...how does the ground
feel underneath you?

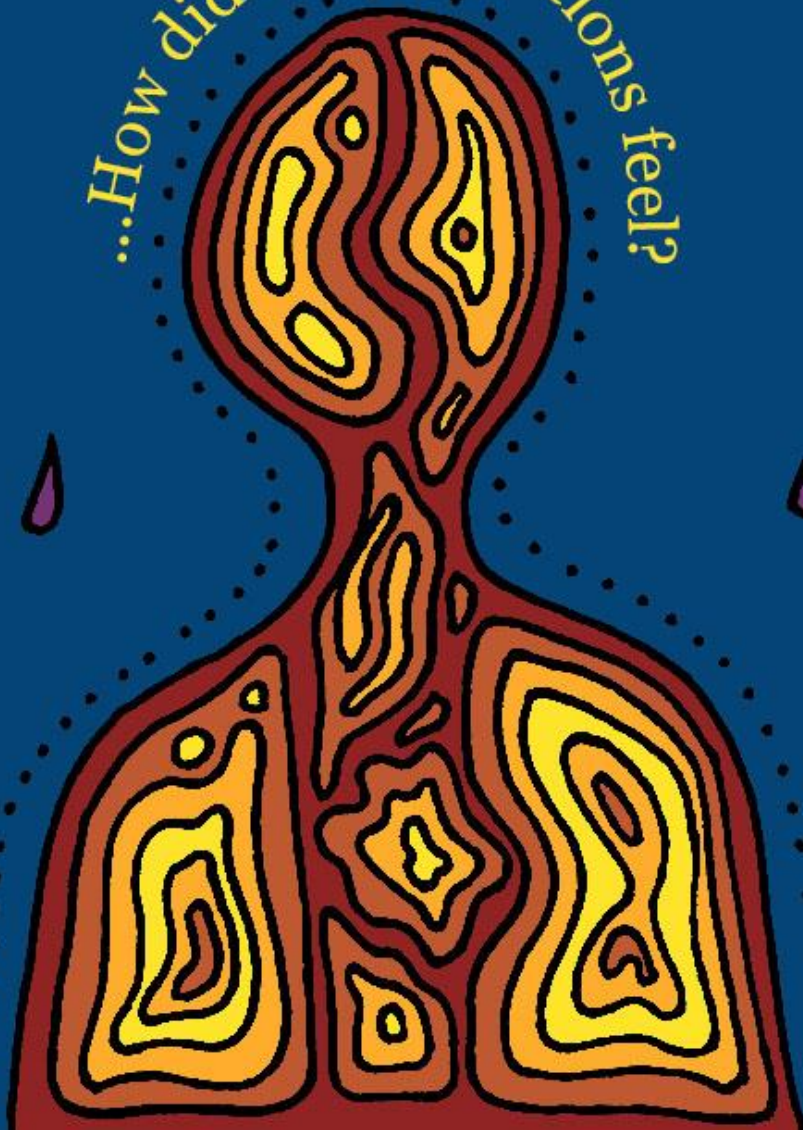


Notice the space in between your fingers and toes...

Now think about a time when
you felt angry or sad...



...How did these emotions feel?



Were they hot
or cold?



Where on your body did you feel them?...

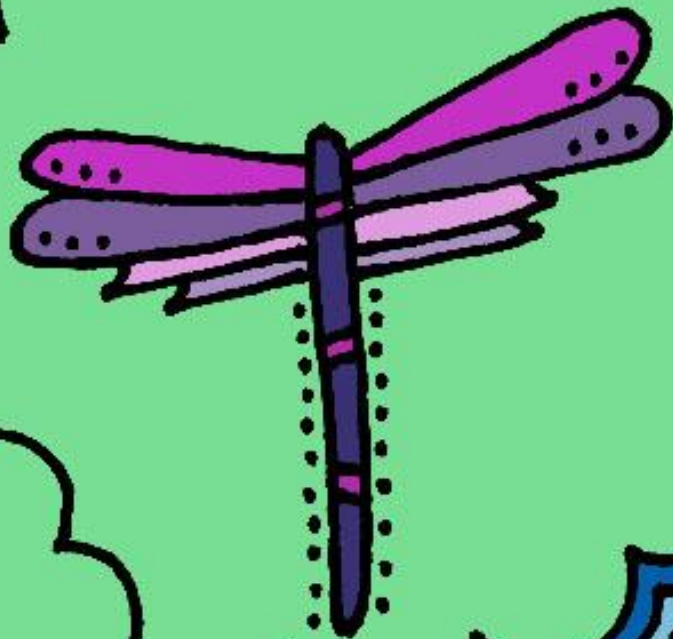


Now think about
a time when you felt...

A bright yellow sun with a dotted border is the central focus, surrounded by rays of light in yellow and orange. The background is a light blue sky with stylized, scalloped-edged clouds in shades of blue and purple. Several black starburst symbols are scattered across the sky. The text "...happy or excited." is written in a brown, serif font inside the sun.

...happy or excited.

Emotions might feel one way to you,



and another way to someone else.



Emotions get bigger and smaller
throughout the day.



Sometimes, it might feel as though our emotions are getting too big...
we might even feel stressed or confused...

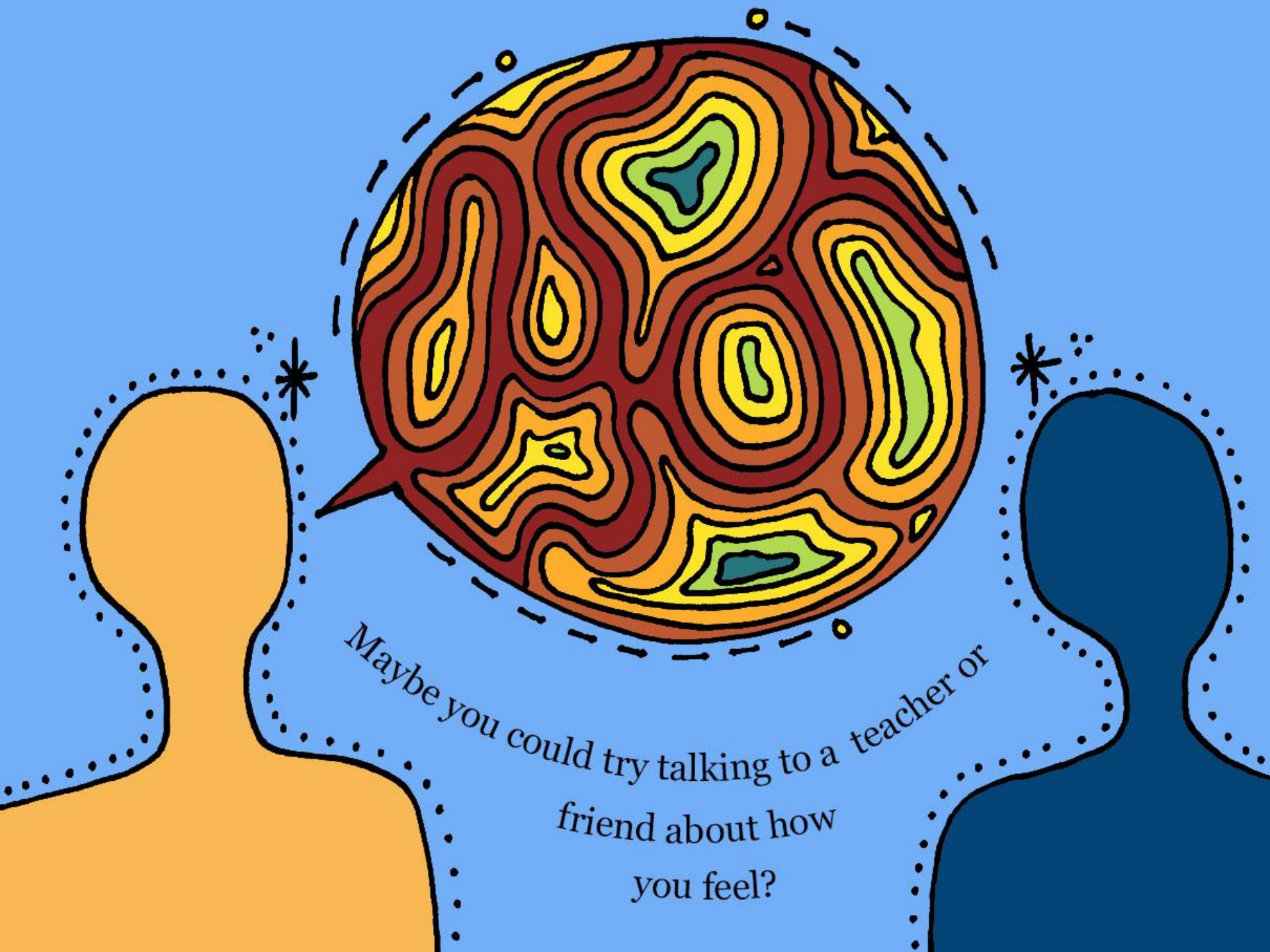
All humans feel this way sometimes. This is normal.



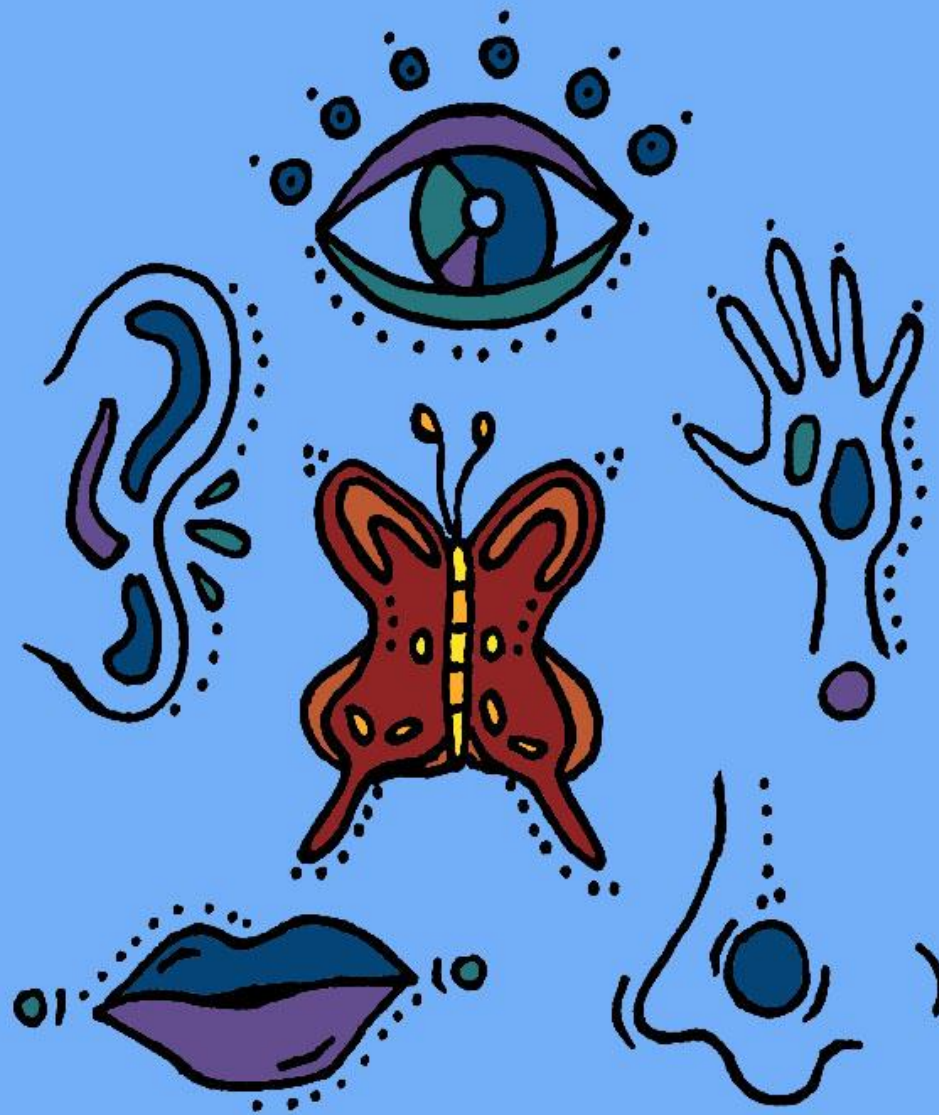
Maybe next time this happens...

You could try simply noticing how you feel.



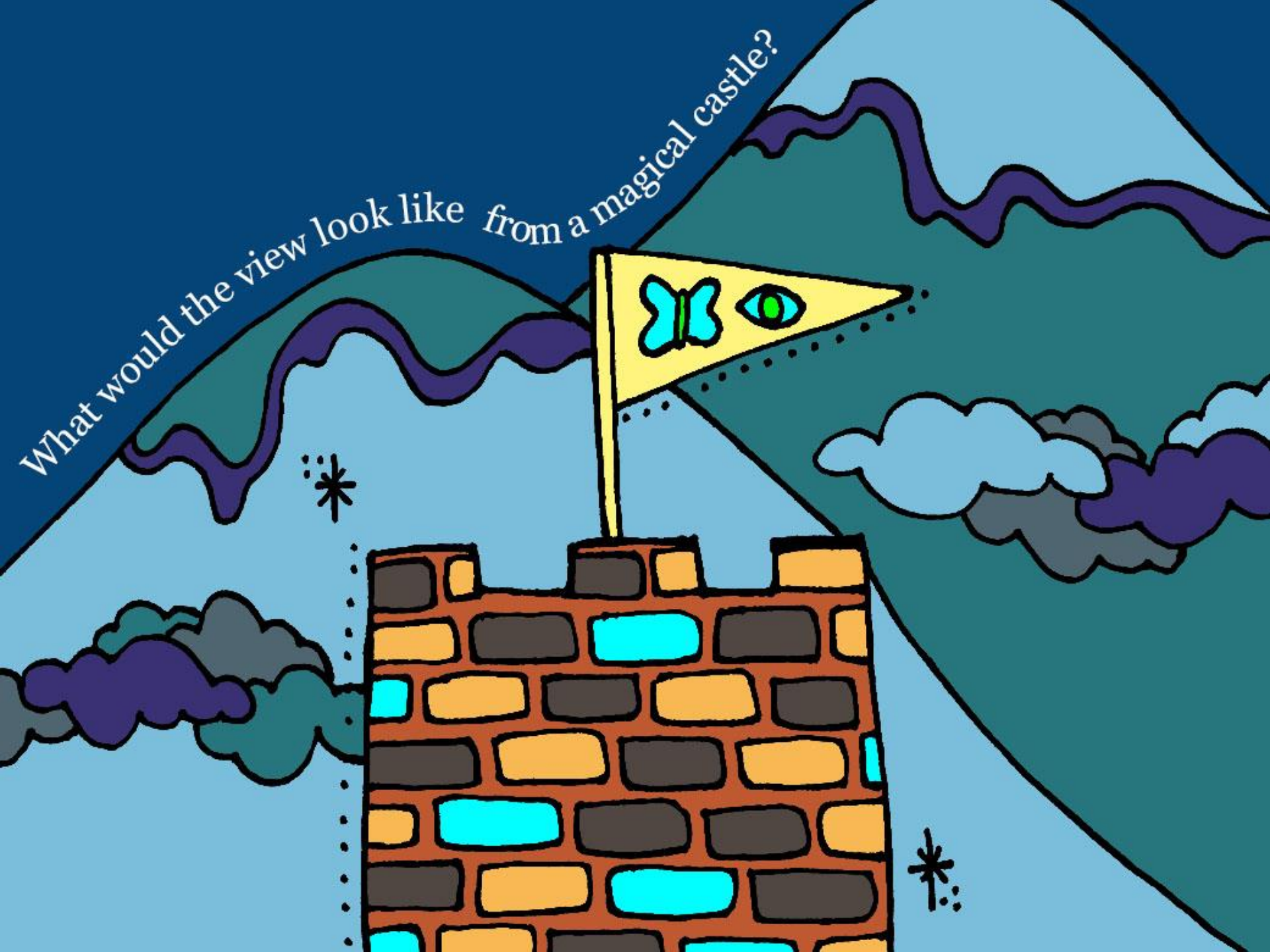


Maybe you could try talking to a teacher or
friend about how
you feel?



Or maybe you could use your senses to travel somewhere else...

What would the view look like from a magical castle?



What would it feel like to hear a
dragon roar in the distance?



What would the
water feel like
deep under the sea?



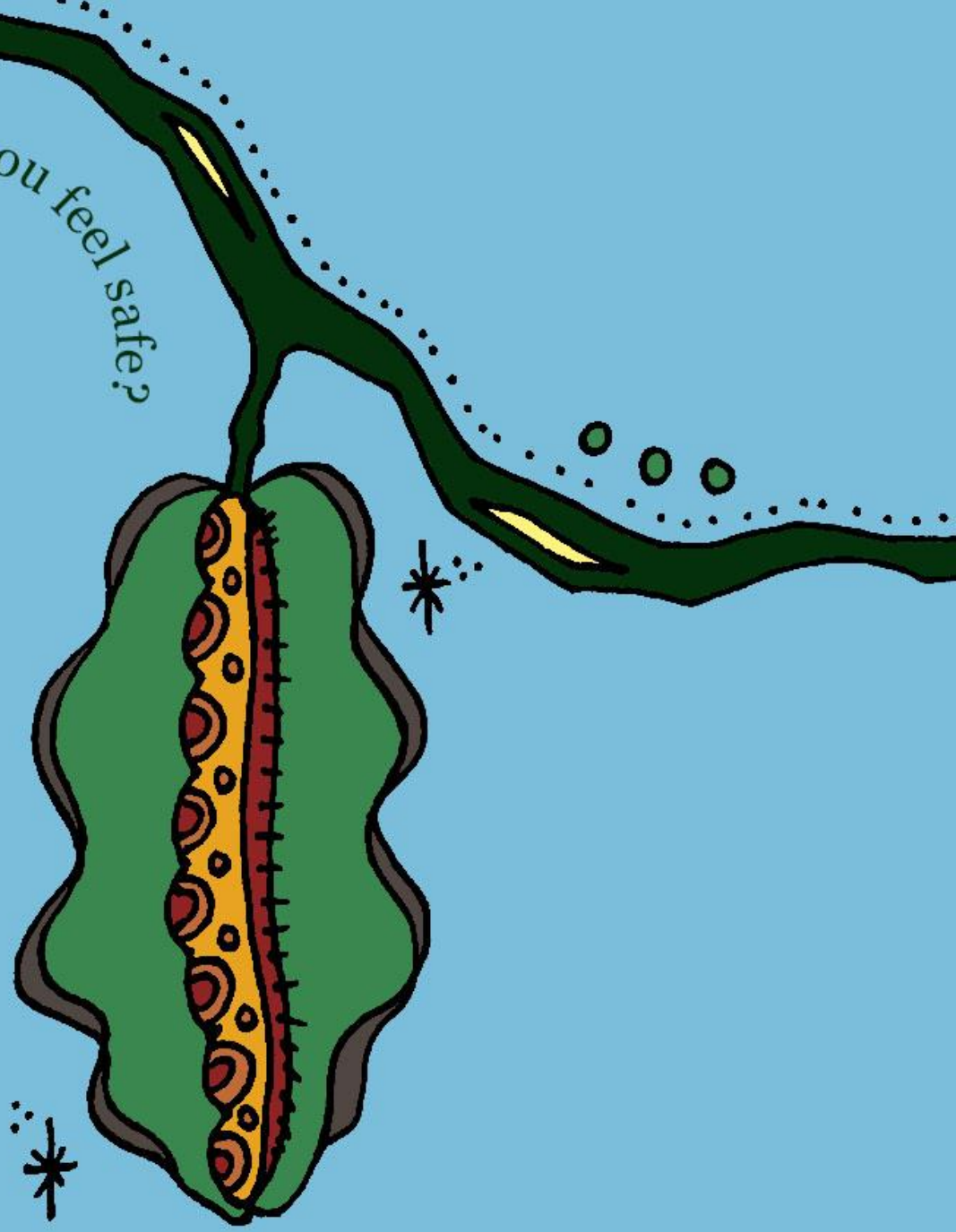
What kinds of creatures might you see?



What about your own personal favourite place?...



....Somewhere that makes you feel safe?

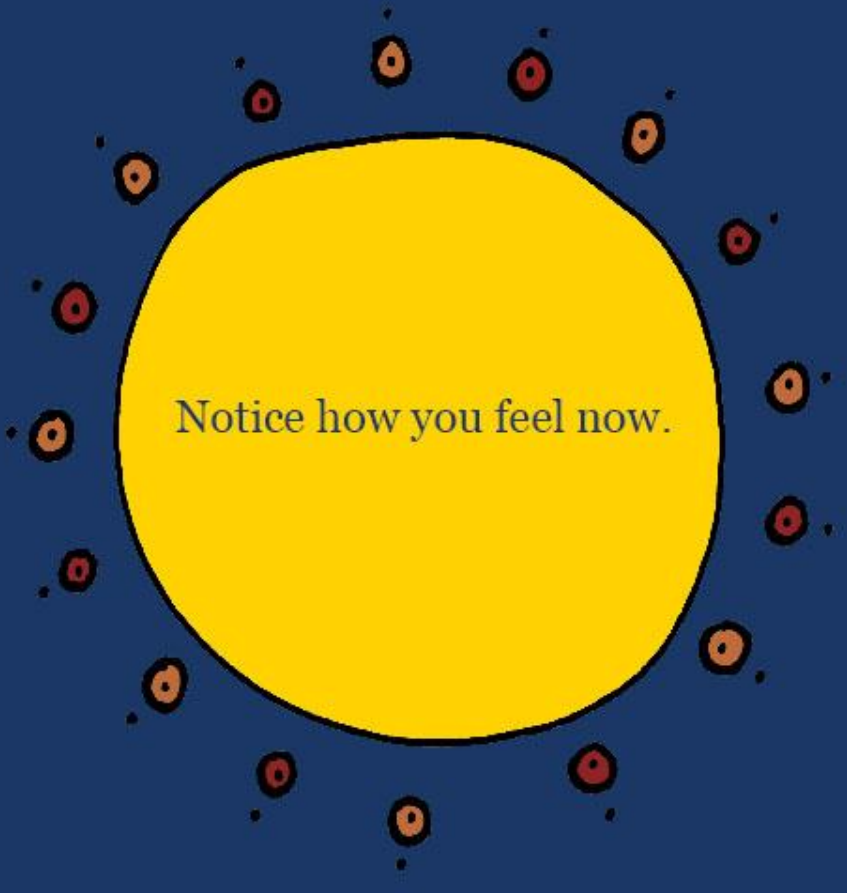




Notice how your senses
can ground you to the
present moment...

...or whisk you away somewhere far.





Notice how you feel now.