

MEDITATION TIME

BODY SCAN

Introduction

How to help your child with the body scan:

A First of all, put your mobile phone in another room or if you use the phone for the audio, turn off all other sounds and notifications.

B Once the audio begins and the child has found a comfortable position, you will gently place your hand or hands on the part of their body that is called out.

C You may want to translate some of the concepts, but keep the talking to a minimum and speak quietly.

1 Presentation

Hello family! How are you feeling today?
Let's relax together!
First, get comfortable! Let's lie on the floor.
Are you comfortable?
Now close your eyes and let's be quiet.

2 Warm-up

First, let's breathe.
Can you find your belly? Put your hands on your belly. Let's breathe together. Ready? Like this.
In – your hands go up! And out – your hands go down.
The air comes in and the air goes out. Just like that.

3 Body scan

Now, let's do a body scan.
The body scan is a fun exercise that helps us to feel good. The more we repeat it, the better we feel.
Listen for the parts of your body. Let's feel our body.
Start with your feet! Can you feel your feet?
One foot, two feet.
Are your feet warm? Are your feet cold?
Move your toes. Make your feet soft.
Thank you feet! You help us walk every day!
Now, legs! Can you feel your legs? One leg, two legs.
Start at your feet and feel the bottom of your legs and go up, up your legs.
Now feel your knees. One knee, two knees.
Feel the top of your legs. Now down, down your legs to your feet again. One foot, two feet.
Now, belly! Put your hands on your belly.

One hand, two hands.
Gently your belly moves up and down. Aaah!
Feel your hands going up and going down.
Now fingers! Put your hands on the floor.
Can you feel your fingers?
Let's count your fingers. Not too fast! One hand, 1, 2, 3, 4, 5 fingers, and now the other hand – 6, 7, 8, 9, 10 fingers.
Now arms! Can you feel your arms?
One arm, two arms.
Start at your hands and go up, up your arms.
Now feel your elbows. One elbow, two elbows... and up to your face.
Your face!
Can you feel your mouth? Smile!
Do you feel happy?
Do you feel relaxed?
Smile again!
Eyes! One eye, two eyes. Maybe your eyes are closed. Make your eyes soft.
Now, slowly move your fingers and toes.
Slowly move your hands and feet.
And slowly open your eyes!
Hello! Let's take one more big breath together.
Thank you body!
I'm relaxed!
Bye, bye!