

Kids Meditation

Peace | Love | Kindness

BODY SCAN MEDITATION

Sweet Dreams Await Guide Your Child to Peaceful Slumber with Body Scan Meditation

The beauty of the Body Scan Meditation lies in its flexibility. You have the freedom to adjust the pace and order of the body parts, ensuring that the experience feels comfortable and enjoyable for your child. Feel free to make it your own and let your child join in the journey as you gently guide them through the meditation.

Now, let's begin...

1. Find a comfortable position for your child to lie down. If they prefer a different position, that's okay too. The most important thing is for them to feel at ease.
2. Start by taking a few deep breaths together. Inhale deeply, holding it for a count of two, and then exhale slowly, imagining sinking into the bed. Repeat this calming breath 3-4 times to create a relaxed atmosphere.
3. You can start the scan on either side of the body, whether right or left. Begin by guiding your child's attention through different body parts. For example, "Notice your right thumb, index finger, middle finger, ring finger, and little finger. Now, bring your attention to your right palm, your right wrist, forearm, elbow, and upper arm. Feel the gentle rhythm of your breathing as you become aware of your right shoulder and the armpit."
4. Continue guiding your child through various points of their body in a soft and calm voice. Feel free to vary the pace as you move from one point to the next, creating a soothing experience for your child.
5. You can adapt the sequence to what feels comfortable for you and your child. Some parents prefer to go through the right hand/arm, right leg/foot, left hand/arm, left leg/foot, front and back torso, and finally the head. Remember, there's no right or wrong way - find what works best for you and your child's relaxation.
6. As you gently guide your child through the Body Scan Meditation, allow them to focus solely on the experience. Let go of any distractions and immerse yourselves in the present moment together.

Children's responses to the Body Scan Meditation can vary. For some, the magic of drifting off to sleep may happen within just a couple of minutes. However, there might be occasions when parents complete the scan, and their child is still awake. If this happens, there's no need to worry.

Simply encourage your child to take a few deep, relaxing breaths and repeat the scan. The essential element is that you remain calm and relaxed throughout the process. Remember, this meditation is meant to be a soothing and enjoyable experience for both you and your child, regardless of how quickly they fall asleep. So, be patient, create a peaceful atmosphere, and embrace the journey together.