



STRATFORD SCHOOL OF
MEDITATION

5 Benefits of meditation for kids

Hello and a very big, warm welcome to the KIDS MEDITATION
TEACHER TRAINING COURSE. To begin this course, we are

going to start at the beginning, and explore WHY we would want to teach kids meditation.

But before we explore that, stop what you are doing for a moment, and ask yourself - why do YOU want to do this? Connecting to your WHY is the rocket fuel that will inspire and motivate you to go out there and do this!

So, take a moment to do that, and then come back, and let's explore 5 good reasons why we would want to teach kids meditation.

1. EMOTIONAL AWARENESS

When we teach kids meditation, we introduce the concept of emotions and we take our kids on a journey, going from feeling A to feeling B. This gives us a great opportunity to connect with children, and talk to them about how they are feeling, and how they would like to feel. We are able to create a safe, open space within which children can explore and voice their feelings, reassuring them that having feelings (whether positive or negative) is normal.

**talking point - is there even such a thing as positive or negative emotions? Be aware of focusing on helping children to feel comfortable with all of their feelings. We as teachers may naturally label some feelings as positive and some as negative but be mindful of saying this in front of the children.*

2. EMOTIONAL REGULATION

By being aware of emotions and feelings, and how they impact their own inner and outer world, and sense of 'feeling', kids can make informed choices about what they are feeling and how they would like to be feeling. Through mindful meditation they

develop an awareness of feelings being 'a state', one that we can 'change', as and when we want to. Kids are better equipped to regulate their emotions through mindful awareness and meditative practices.

3.SELF AWARENESS

By being aware of their own emotions and their ability to change them, children will also develop an understanding of themselves, and the impact that they can have in their own life, and on the lives of others. Meditation helps kids to connect to themselves, to check in with themselves and have that mindful awareness of who they are and how they are feeling.

4.IMPROVED FOCUS

Meditation brings you into the present moment, it helps you disengage from your worries and thoughts, and has an overall calming effect on the system. A short meditation before doing school work for example, can help children focus and handle their inner feelings.

Meditation with teens can help them develop a rock star mindset when it comes to taking exams for example.

5.BETTER SLEEP

Bedtime is often the time when kids find it hard to settle, kids of all ages, (adults too!) can find that their mind starts racing as soon as their head hits the pillow.

A short meditation before bed can really improve things, for people of all ages, because when we enter the meditative state,

our brainwaves slide down into Theta, and this is the state that we go into before deep sleep.