

Week Two

kids Meditation

Workbook



kids Meditation Teacher
Training



Hello

This week we are going to start thinking about what it takes to start a meditation session with children.

You will start creating your very own teachers tool box, and have fun with some simple introductory breathing exercises

Angie xx

P.S DONT FORGET RO SHARE YOUR IDEAS IN THE FACEBOOK GROUP



To Do List

CONTENT

TOOL BOX

VIDEO



Tool box ideas



Hand Puppet



Bubbles



Coloured Scarfs



Colourful Stress Balls



Beanbags



Homework

This week you are going to watch the three short exercise videos and then create a short story to weave them into and record a very short video of no more than 10 minutes where you have a go at an introduction to a session.

If you have a puppet, fab, use one, but don't worry if you don't yet, you can use your hand. It's just to get a feel for playing around with the ideas.

have fun with this.



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step by step

ENTER ROOM

Introduce yourself and puppet

SHORT STORY

Lead into breath work

BIRTHDAY CAKE

Expand story

HAIR BRUSHING

Expand story

WHITE LIGHT

Lead into meditation

