

Meditation Grounding Scripts for Children

These grounding scripts are useful for children, especially before tests.

Two versions are provided, one for older children, and a modified version for younger children to guide them through meditation.

For both types of children, begin the meditation with them seated on the ground and their eyes are closed.

Younger children	Older children
Close your eyes and breath deeply.	Close your eyes and breath deeply.
Slowly, go inside to place inside you where no one else can see.	Take your time to find your center, a quiet place deep inside of you.
Keep your eyes closed. Relax your shoulders. Breath in slowly. Breath out slowly.	Keep your shoulders relaxed, close your eyes and breathe. Feel free to lay your arms down softly on your thighs.
Go to your inside-place and breathe in through your nose... one, two, three... and slowly breathe out of your mouth ... one, two, three.	Once you find your center take a few deep breaths through your nose and exhale out from your mouth.
If you feel any ugly feelings, or feelings that make you mad or sad, then do not worry: The breathing will make you feel better.	If you are experiencing any feelings of [identify problem or symptom here], then do not worry: These exercises will help you relax.
Take a big breath in, and breath out and make a sound like you are the wind.	Take a deep breath and exhale with a sigh.Try to feel at each breath, feel as you become more grounded... more stable... safer... Nobody can harm you... nothing can scare you... you are completely safe.
Take another big breath in... one, two, three, and feel your chest get big with lots of air. And slowly, push the air out, through your mouth, and pretend you are the mind.	Think of why you are here: Are you [identify problem or symptom here]? Do you feel like [identify problem or symptom here]?
Now take another big breath in... one, two, three. Think of your ugly feelings, and now breathe out and push the ugly feelings out of your mouth with the air. One, two, three.	This is not who you are... you are so much better than this...
Look inside your inside-space and find another ugly feeling. Breath in, one, two, three, and push that ugly feeling out, and blow it away like you are the wind. One, two, three.	Take a deep breath. Reflect on why you are here in this position: You are here because you are strong. The problem that you are experiencing is not YOU, instead, it is how you facing [cause of anxiety].

<p>The ugly feelings are like leaves and you can blow them away. Breath in, one, two, three, and breath out, one, two, three.</p>	<p>You can change the way you are facing your [cause of anxiety here].</p>
<p>This inside-place is a safe place: It is a place where only you can go. You are the only person who has the map. No one can come here.</p>	<p>You are not alone. Think of how many people who are like you and who are feeling the same way that you.</p>
<p>Breath in, one, two, three, and breath out, one, two, three.</p>	<p>Think of how many people have felt this way in the past, and they have conquered [cause of anxiety].</p>
<p>Get ready to open your eyes slowly, almost like you are waking up in the morning.</p>	<p>Keep breathing naturally. Inhale and exhale.</p>
	<p>Pretend that you are watching a movie about yourself. Think of all the different ways that you can see yourself.</p>
	<p>You have the power to create your feelings.</p>
	<p>Take another deep breath and exhale out with another long sigh to really shake it off from that previous sensation of uneasiness and stress.</p>
	<p>Prepare yourself now to open your eyes. Remember that a little goes a long way... you are ready to deal with it.</p>

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