

THOUGHTFUL THURSDAYS

MEDITATION
EDITION

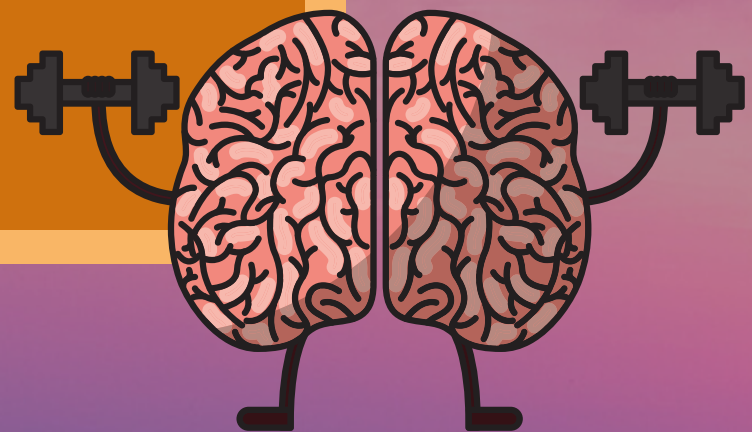
FOR CHILDREN
AND ADULTS

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MEDITATION BENEFITS

- Decreases stress
- Improves attention and behavior
- Calms the nervous system
- Reduces negative emotions
- Increases imagination and creativity.
- And many more!



TYPES OF MEDITATIONS TO CONSIDER

Guided Meditation

Helps the practitioner remain focused by walking through specific breathing exercises throughout the meditation

The Balloon

Helps practitioners to imagine their stomach as a balloon and keeps focus on the abdomen region.

The Lotus Flower

Incorporates children's imagination by sitting in lotus pose and imagining the scent of the flower and how they feel after smelling it.

The Bear Breath

For children 8 years and older. Breathe through the nose for 4 counts, hold in breath for 4 counts and exhale through the mouth for 4 counts.



TIPS FOR MEDITATION

Try playing instrumental music low in the background to set the stage for a gentle meditation.



Practice meditating with your child! The more they practice the better they will be able to focus on the task at hand.



If a child does not want to keep their eyes closed, give them something specific to look at through the meditation.

Meditations only have to be as long as your schedule allows. There is no specified amount of time to have to do to receive the benefits of meditation.

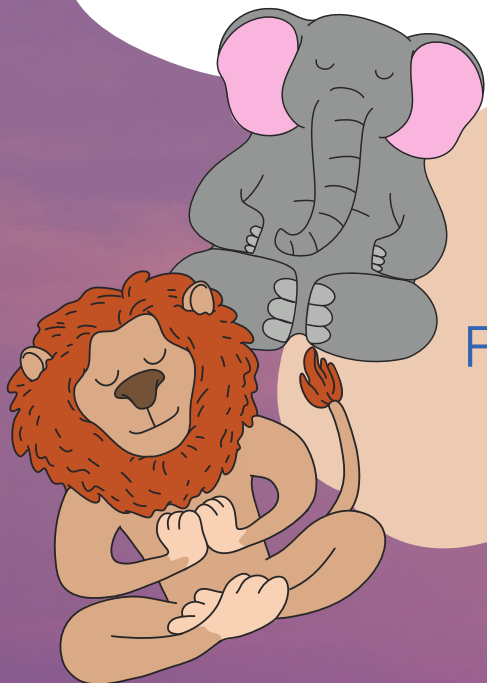
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What is your favorite
meditation to do?



What tricks did you
notice helped your child
learn to meditate?



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