

# Meditation Sessions for Children by Age Group

## For Ages 3-5

### A Colorful Balloon Ride

- **Preparation:** Have the child sit comfortably and close their eyes.
- **Story:** "Now you have a beautiful, colorful balloon in your hand. The balloon slowly rises and takes you up into the sky. You're gliding among the clouds. The clouds are soft and white like cotton. Some have the shape of elephants, some of horses. What shapes do you see? With the balloon, you feel the warmth of the sun and the breeze gently brushing your hair. Isn't it a beautiful view? Now the balloon is slowly descending. You can open your eyes."

*At the end of each session, include questions to ask how the child is feeling (e.g., "How did you feel when you were flying with your balloon")*

### A Sea of Colorful Fish

- **Preparation:** Have the child sit comfortably and close their eyes.
- **Story:** "Now there's a big sea around you. This sea is full of colorful fish. Blue, red, yellow, green... What colors do you see? Now choose a fish and start swimming with it. Can you feel the coolness of the water? The fish is playing with you, and you're playing a little game of chase together. The fish is taking you to the depths of the sea. What do you find there? Maybe a seashell full of pearls, or perhaps glowing starfish. Now it's time to say goodbye to the fish, and you slowly return to the surface and back to the shore. You can open your eyes."

## **Kite in the Sky**

- **Preparation:** Have the child sit comfortably and close their eyes.
- **Story:** "You have a beautiful kite in your hand. This kite is very colorful and dances in the sky. You are flying your kite, it sways with the wind, rising and falling. What do you see in the sky? Clouds, birds... Maybe your kite is greeting the sun. Now you're slowly pulling your kite back down and bringing it to the ground. You can open your eyes."

## **Garden of Colorful Flowers**

- **Preparation:** Have the child sit comfortably and close their eyes.
- **Story:** "Now imagine yourself in a big flower garden. Around you are large, colorful flowers. Red roses, yellow daisies, purple violets... Can you smell the flowers? Now choose a flower and go up to it. Stroke its petals and feel their softness. The flower sends you a big smile and wants to be your friend. You walk around the garden with it for a while. Now it's time to return, so you say goodbye to your flower and leave the garden. You can open your eyes."

## **Sleeping on a Cloud**

- **Preparation:** Have the child sit comfortably and close their eyes.
- **Story:** "Now you are flying in the sky and lying on a soft cloud. The cloud is as soft as cotton, just like a bed. You close your eyes and rest. The cloud gently carries you, and the wind brushes your hair. What do you see in the sky? Maybe flying birds, maybe shining stars. You feel very relaxed on the cloud. Now the cloud is slowly descending, and you are returning. You can open your eyes."

## Songs of the Forest

- **Preparation:** Have the child sit comfortably and close their eyes.
- **Story:** "Imagine we're inside a magical forest. The trees are very tall, and the leaves are green and shiny. The birds are singing happily. Close your eyes and listen to the birds singing. Which bird's song do you like best? Now wrap your arms around the trees and hug them. How do you feel? Do you feel safe and happy? Now you can slowly open your eyes."

## Colorful Balloon Party

- **Preparation:** Have the child sit comfortably and close their eyes.
- **Story:** "We're in a big room. The room is full of balloons! There are red, blue, yellow, and green balloons. The balloons are slowly floating. Fly towards the balloons! Touch them, love them. Now start dancing among the balloons. How fun is that! Now slowly come down to the ground and say goodbye to the balloons. You can open your eyes."

## Playground with Animals

- **Preparation:** Have the child sit comfortably and close their eyes.
- **Story:** "We're in a magical playground. But in this playground, there are animals! An elephant, a giraffe, a monkey, and a rabbit. They all want to play with you. The elephant lifts you up with its trunk, the giraffe gives you a leaf by stretching its neck. The monkey plays hide-and-seek with you, and the rabbit sends you a kiss. Isn't this playground so much fun? Now it's time to leave the playground. You can open your eyes."

## The Magical Forest Adventure

**Preparation:** Have the child sit comfortably and close their eyes

**Story:** "You're in a magical forest. Trees are tall and green, and the sun is shining. You hear birds singing and a gentle breeze rustling the leaves. A friendly squirrel offers you an acorn. You thank it and continue your walk. You find a hidden stream and splash in the cool water. Feel the sunshine on your face and the soft grass beneath your feet. You are safe and happy. Now, slowly return to your room."

## Underwater World Exploration

**Preparation:** Have the child sit comfortably and close their eyes.

**Story:** "Imagine you're a brave little explorer, diving deep into a magical ocean. The water is warm and sparkly. You see colorful fish swimming around you. Some are big and slow, others are small and quick. You can hear the gentle sound of the waves. Look for hidden treasures in the seaweed. Maybe you'll find a shiny seashell or a playful octopus. You feel safe and happy in this underwater world. Now, it's time to slowly float back to the surface. You can open your eyes."

## Sweet Dream Land

**Preparation:** Have the child sit comfortably and close their eyes.

**Story:** "Close your eyes and imagine a magical land filled with all your favorite things. You can see your favorite toys, animals, and even imaginary friends. They are all smiling and happy to see you. You can play with them, laugh with them, and have lots of fun. This is your special dreamland. It's safe and cozy here. Now, it's time to slowly wake up from your dream. You can open your eyes."

