

Meditation and Mindfulness Advent Calendar for Kids

Print out the images for kids to colour in (mindfully) or practise one of the mindfull activities from the advent calendar.



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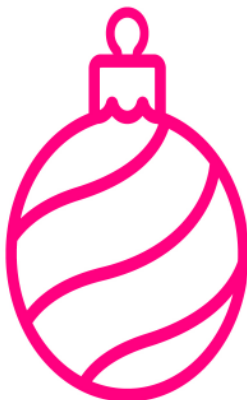
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1st December

Take 3 long tummy breaths

Put your hands on your tummy and when you breathe in... see if you can get your hands to move away (so your tummy gets bigger like Santa's!)

Then breathe out and your tummy relaxes.



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2nd December

Chocolate Meditation (yum!)

Hold a piece of chocolate and before you pop it into your mouth, look at it (how big is it? how heavy? what shape?)

Then hold it to your nose (no eating yet!)

Notice what happens in your body when you do this.

Now pop it in your mouth and pay attention to what happens - the smell, taste, touch.

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3rd December

Star breathing

Hold your one of your hands out (palm facing).

Your hand looks like a star when you spread out your fingers - no?

Now take your finger on the other hand and trace up the side of your thumb...breathe in. Then trace down the other side and breathe out.

Do this for each finger as you trace your 'star!'

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4th December

Christmas tree meditation

Imagine a Christmas tree twinkling with lights. One of the coloured lights is your favourite.

You imagine you can place that coloured light into your body - where does it go?

Each time you take a big breath, the coloured light gets bigger and brighter - you feel good, safe and bright.

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5th December

Mindful colouring

Choose one of the images from the mindful advent calender.

Before you colour it in, make a wish.

As you colour it in take big breaths.

Think about your wish as you colour in.

Smile as you colour your picture!



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6th December

Filling your heart

Sit with your eyes closed. Think about all your favourite toys or things.

Think about all your favourite people or pets.

Think about all your favourite things to eat or do.

Imagine your heart is now full of all these thoughts.

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7th December

Sing your favourite Christmas song

Start to sing your favourite song.

As you do notice how loud and quiet you can sing.

Imagine that all the sounds were whizzing around your body.

Smile as you sing!

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8th December

Dance to your favourite Christmas song

Play your favourite Christmas song.

As you listen you start to move your body to the tune.

Go as fast or as slow, serious or as silly as you want to!

At the end of the song, close your eyes and feel your heart beating.

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9th December

A Christmas present meditation

Close your eyes.

Think of your favourite person or pet. Imagine you have a lovely gift for them.

Imagine you start to wrap this gift in beautiful paper.

You tie a big bow on the gift. Imagine how happy you feel when you imagine them smiling as give it to them.

Notice where you feel good in your body.

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10th December

Forest Meditation

Imagine you are a tree in the forest.

You have strong roots stretching down.

You have snow resting on your branches.

It feels safe, and quiet.

What can you hear?

What can you see?

Who would you like to sit under your tree?

Imagine your a magic tree and you can make a wish for the world.

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11th December

5 things

Close your eyes for a moment.

Notice a taste in your mouth.

Notice a smell.

Notice one sound.

Notice what you can touch.

Now open your eyes - what's the first thing you see?



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12th December

I feel...



Place a hand on your chest.

Think of what you feel in this moment.

Maybe your happy (or sad).

Maybe your tired (or energised)

Maybe your calm (or worried).

Whatever you feel ... end the thought with...

"and it's okay for me to feel this in this moment".

Practise throughout the day.

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13th December

Love



Close your eyes.

Think of a person, pet, activity or food that you love.

Imagine it as clearly as you can.

Then notice what you feel in your body when you think of this.

If you aren't sure, just guess.

Imagine that lovely feeling gets bigger in your body.

Every bit of your body is filled with that feeling of love.

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14th December

Favourite song



Play your favourite Christmas tune.

Close your eyes.

Pay attention to you feelings and thoughts as you listen.

Let the music fill your body with happiness.

Imagine that feeling gets bigger inside.

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15th December

Christmas tree

When you are in the car/bus look out the window.

Every time you notice a Christmas tree... count it.

For each one you count you take a big breath.

Tell your teacher/parent/carers how many you counted!

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16th December

Nature watch

Go for a walk and bring a leaf, twig or something from nature back home.

Hold it carefully in your hands (especially if it's holly!)

Notice the shape, the size, the colour. Think about how long it took to grow. Imagine the place it lived before you picked it up.

Isn't nature amazing!

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17th December



Balloon breath

Close your eyes

Imagine you have your favourite colour of balloon.

Now imagine you are blowing up the balloon and putting all your worries, fears and anger into the balloon.

When it's full, imagine letting it go.

The balloon blows a raspberry as it dives around the room.

It makes you smile and laugh. (you can do this with a real balloon too!)

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18th December

A Christmas Poem/letter

Think of your favourite person.

Imagine you could write down what makes them your favourite person.

Choose any words you wish.

When you finish read it out.

Now replace their name with your name!

Smile!

(ps you can give it to them too).



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19th December

Mince Pie Meditation



*Hold it in your hand
Feel the weight of it!
Smell it
Bit into it - yum.
Feel it in your mouth - the sweetness.
Does it make a sound in your ears.
Imagine the lovely person who made it.*

*Imagine your body feeling grateful for
this mince pie.
(if you don't like mince pies choose
something else!)*

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20th December

Teddy bear meditation

*Imagine your favourite soft
toy/teddy.
Think about the softness, size and
shape.
Imagine your teddy could give you a
hug.
When you are hugged by your teddy
it feels good.*

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21st December

Thank you...



Place a hand on your chest.

*Think of one thing that makes you feel
good.
Think of one person/pet that makes
you happy.
Think of your favourite thing to eat.*

*As you think and feel ... imagine you
can say 'thank you' to the world that
you have this.*

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22nd December



Stars Meditation

*Close your eyes and imagine all the
stars in the sky.
Even if it's daytime, they are there (just
invisible!).
Imagine that one of the stars comes
down and lands in your heart.
Imagine the warmth, feeling, bright-
ness of this star in your body.
Now imagine you can bring down
other stars for people around the
world.
Imagine a world of twinkling stars.*

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23rd December

Rudolph meditation

*Close your eyes and imagine that you
see a bright red star in the sky.
It comes closer and it is Rudolph's
nose!
He lands at your feet and let's you
stroke him - he feels so warm and soft.
You climb on his back and he takes
you on a magical journey!
Where do you go?
It feels fun and exciting to be flying
through the sky with Rudolph!*

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24th December

Star breath



*Close your eyes and put your hand on
your chest.
You notice your hand move each time
you breath (you notice more if you
breathe deeply).
Imagine that you are surrounded by
thousands of twinkling stars.
Each time you breathe in you are
breathing in the twinkling stars.
You feel lighter, softer and brighter
inside.
You are like a Christmas tree!*

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*Merry Christmas!!
from Connected Kids x*