



Guided Meditation

From *I AM PEACE*, by Susan Verde, illustrated by Peter H. Reynolds
Abrams Books for Young Readers

Begin by either lying down or finding a comfortable seat. Close your eyes and gently place your hands on your belly. Notice your breathing at this very moment. Is it fast or slow? Can you feel it filling your belly as you breathe in?

Lift a hand and place it in front of your mouth. When you breathe out, what does the air feel like on your hand? Is it warm? Cool? Just notice. There is no right or wrong answer.

With both hands back on your belly, start breathing in through your nose if you weren't already. This will help slow down your breathing and filter the air going into your body.

Imagine your belly is like the ocean. With each inhale, the waves rise, and with each exhale, they fall. Feel your belly rising and falling as you breathe.

Now imagine there is a small boat on your ocean (belly). What does it look like? You don't want the boat to capsize, but you do want to help guide it toward the shore. You can do this by taking nice, slow, deep breaths in and out through your nose. Create a steady rhythm for your boat by breathing in for three counts and out for three counts. As your belly rises and falls, continue to guide your boat. After a few cycles of slow and steady breathing, imagine your boat has safely landed on the shore.

Now bring your attention back to the rise and fall of your belly as you breathe in and out, in and out. Begin to notice how you feel. Is your breathing different than it was when you first started? Does your body feel different? What about your mind? Is it sleepy or full of thoughts? Is it calm? Again, there is no right or wrong answer.

When you feel ready, slowly open your eyes. If you were lying down, gently bring yourself to a seated position. Say something kind to yourself:

*You are wonderful.
You are special.
You are peace.*

