

Teddy Bear Meditation

Ask the children to lie down on their backs on the floor and put a teddy bear on their tummy. Encourage the children to rest their arms by their sides with their legs flat on the floor and close their eyes. Follow the script below:

Today we are going to rock the teddies to sleep using our breath.

Let's begin with a long, deep breath starting way down in your tummy and filling up your lungs.

Then, breath out slowly, letting your whole body relax into the floor. Let's do that again; long breath in... and long breath out. Relaxing all through the body.

Let your breathing go back to its normal rhythm.

Now bring your attention to your tummy.

Can you feel your teddy sitting on your tummy?

Rock your teddy to sleep by very slowly and gently breathing.

Breathing in, rocking your teddy up.

Breathing out, rocking your teddy down.

Slow and gentle.

Think about your breath as you rock your teddy.

Is it slow?

Is it shallow?

Can you spot the pause between your breath coming in and your breath going out?

Are they getting longer, the more you rock your teddy to sleep?

Keep breathing until I ring the bell.

Now the bell has rung, wiggle your fingers and toes.

Slowly wake up teddy.

How do you feel?



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