



## **Buddha says hi!**

### **Meditations for Kids and their Families**

What follows are meditations for kids. The meditations are written carefully to encourage good meditation habits, so they are good for adults, too.

Set aside a time and place. Turn off the television and radio. Read the instructions out loud.

Enjoy the **Some Things to Explore** section. The whole session can be under 10 minutes., or it can take as long as you like.

If you have ideas for more kids meditations, please let us know.

Love to all beings, big and small,



Lekshe





## **Meditation #1**

### **Meditation on the Sound of the Bell**

- Put any kind of bell near you.
- Sit cross-legged or on a chair or couch.
- Relax. Feel your body sitting there, resting a little.
- When you feel ready, pick up the bell.
- Ring it.
- Listen to the sound of the bell for as long as you can - put all your attention on listening.
- When you can't hear the bell anymore, raise your hand.

#### **SOME THINGS TO EXPLORE**

- Did all the people meditating raise their hand at the same time? Why or why not?
- Does everyone experience everything the same? If not, why not?
- Can you listen to the bell so long that your listening lasts longer than the bell's ring?

Try this many times. It is fun to meditate in this way. When you are done. Put the bell away with care. Thank you for caring for all things. What a gentle way to be!





## Meditation #2

### Inside Sounds & Outside Sounds

- Sit cross-legged or on a chair or couch. You can even lie down to do this.
- Relax. Feel your body sitting there, resting a little.
- When you are ready, begin to listen.
- Listen for sounds **inside** your body. You don't need to name them, just hear them.
- Listen for sounds **outside** your body. You don't need to name them, just hear them.

#### SOME THINGS TO EXPLORE

- Can you hear sounds inside your body and outside your body at the same time?
- Is there really an 'inside' and an 'outside'? Listen again. What do you think?

Try this many times. It is fun to meditate in this way. What a gentle way to be - listening and paying loving attention to all sound.





## Meditation #3

### Body Sensations

- Sit cross-legged or on a chair or couch. You can even lie down to do this.
- Relax. Feel your body being still and relaxed.
- When you are ready, begin to notice what your body is feeling.
- Watch for **sensations**, like **hot, cold, buzzing, heavy, light, itchy** and so on.
- You don't need to name those feelings, just notice them.

#### SOME THINGS TO EXPLORE

- Are some sensations more powerful for you than others—like itchy, for example?
- Why is this?
- Keep your attention right on the powerful sensation, like a thumbtack. Can you do it? What happens?
- What other sensations did you feel? Make a list now that you are done meditating.

Try this many times. It is fun to meditate in this way. What a powerful way to be - aware of all the experiences of your body.





## **Meditation #4**

### **Noticing Breathing**

- Sit cross-legged or on a chair or couch. You can even lie down to do this.
- Relax. Feel your body being still and relaxed.
- When you are ready, begin to notice your breathing.
- Don't try to have a certain kind of breathing, just let your breath be like it is.
- Rest your attention on your breathing like a feather on a table.. lightly.
- When your mind loses track of your breathing, as soon as you notice that, bring it back to noticing your breathing again.

#### **SOME THINGS TO EXPLORE**

- Did your breathing change or did it stay the same?
- Where did you feel your breathing—in your chest, your nose, someplace else?
- Did you notice breathing in, or breathing out, or both? Can you notice a whole breath, all the way in and all the way out? That's a long time to notice!

Try this many times. It is fun to meditate in this way. What a wonderful way to be curious, noticing your breathing!





## **Meditation #5**

### **Noticing Feelings**

- Sometime when you have a feeling, sit down and start noticing that feeling.
- Don't try to understand it, just feel it.
- If your attention wanders away, see if you can come back to noticing the feeling.
- Keep your attention right on the experience of the feeling. Gently notice.

#### **SOME THINGS TO EXPLORE**

- When you started to notice the feeling, what happened?
- Did you feel the feeling in your body?
- Did the feeling stay, or did it go away after awhile?

Try this many times. It is fun to meditate with feelings. Learn to notice all kinds of feelings—happy, sad, tired—every one.





## **Meditation #7**

### **Noticing Smells**

- Sit cross-legged or on a chair or couch. You can even lie down to do this.
- This meditation is fun to do outside, too.
- Relax. Feel your body sitting there, resting a little.
- When you are ready, begin to notice smells.
- If you start thinking, as soon as you notice that, switch back to noticing smells.

#### **SOME THINGS TO EXPLORE**

- When you started to notice smells, were there lots of smells or a few?
- Did smells stay, or come and go?
- Do certain smells make you feel good or bad? Why is that?

Try this many times. It is fun to meditate with smells. Some seem good to us, some seem neutral, some seem stinky!





## **Meditation #6**

### **Noticing the Sounds of Your Home**

- Sit cross-legged or on a chair or couch. You can even lie down to do this.
- Relax. Feel your body sitting there, resting a little.
- When you are ready, begin to listen to the sounds of your home.
- If you start thinking, as soon as you notice that, switch back to noticing the sounds of your home.

#### **SOME THINGS TO EXPLORE**

- When you started to notice sound in your home, what did you hear?
- Did you hear people sounds, animal sounds or machine sounds, or..?
- Do certain sounds make you feel good or bad? Why is that?

Try this many times. It is fun to meditate with sounds. The world is like an orchestra. All kinds of surprising sounds can happen.







## **Meditation #7**

### **Relaxing Your Body**

- Sit cross-legged or on a chair or couch. You can even lie down to do this.
- Start by noticing the tippy-top of your head. Is it relaxed? If not, can you relax it?
- Then slowly go down the body, noticing every part of the body. Notice if that part is relaxed or not.
- If not, can you relax it.
- When you have done the whole body, see if you can relax the whole body.

#### **SOME THINGS TO EXPLORE**

- When you started to notice your body, did you find some places that were not relaxed? How did that feel?
- Could you relax a part of the body that was not relaxed?
- Try this meditation just before bed. Does it help you go to sleep?

Try this many times. It is fun to relax the body. Sometimes it feels very good. Try this meditation outside on a warm day, or at night, under the stars.





## **Meditation #8**

### **A Taste Meditation**

- Get a raisin or a piece of fruit or vegetable.
- Sit somewhere comfortable.
- Slowly put the food into your mouth.
- Take your time!
- How does it taste? How does it feel on your tongue?
- Move it around. Does it taste differently on different parts of the tongue?
- Slowly chew and swallow it. Keep noticing it as it goes all the way down to your stomach.

#### **SOME THINGS TO EXPLORE**

- How was it to notice taste in such detail? Have you done that before?
- When you swallowed the food, what was that like?
- What would happen if you ate all your food like this?
- Try this with cotton candy, or a slimy food.

Food is interesting. We eat something every day. A lot of times, we don't notice our foods even though we are eating!





## **Meditation #9**

### **Recalling a Feeling**

- Sit cross-legged or on a chair or couch. You can even lie down to do this.
- Relax. Feel your body sitting there, resting a little.
- When you are ready, begin to think about a time when you felt sad or mad.
- Notice your body.
- Notice how your body feels when you remember this feeling.

#### **SOME THINGS TO EXPLORE**

- How was it to notice the memory of the feeling?
- A memory is a thought. Did this thought change the way your body felt? If so, why do you think that is so?
- Try this meditation with the memory of another feeling like happiness, confusion or fear.
- Thoughts are just thoughts. Where are they? Can you put a thought in your pocket? Can you loose a thought?
- When you quit thinking a thought, where does it go?





## **Meditation #10**

### **Meditation on Sleepiness**

- Try this meditation when you are sleepy.
- You can lie down to do it.
- Relax. Feel your body being sleepy.
- Really notice the sleepy body. Where is the sleepiness? Does it move around?
- Does the sleepiness come and go or does it stay?
- Does it have a sound or taste?
- Are your hands sleepy? Your feet? Your tummy?
- When you are not sleepy, is the sleepiness somewhere inside you?
- What is sleepiness? Is it a thought or an idea? Is it a feeling? Is it a sound?
- Is it hard or easy to notice sleepiness? Why?

