

MEDITATION

Learning Guide for Children

Meditation Good for You?

ward of meditation? The practice of
en you lie down or sit quietly with your
taking deep breaths in and out.

y good for you. Here is a list of the
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creativity,

us on school tasks.

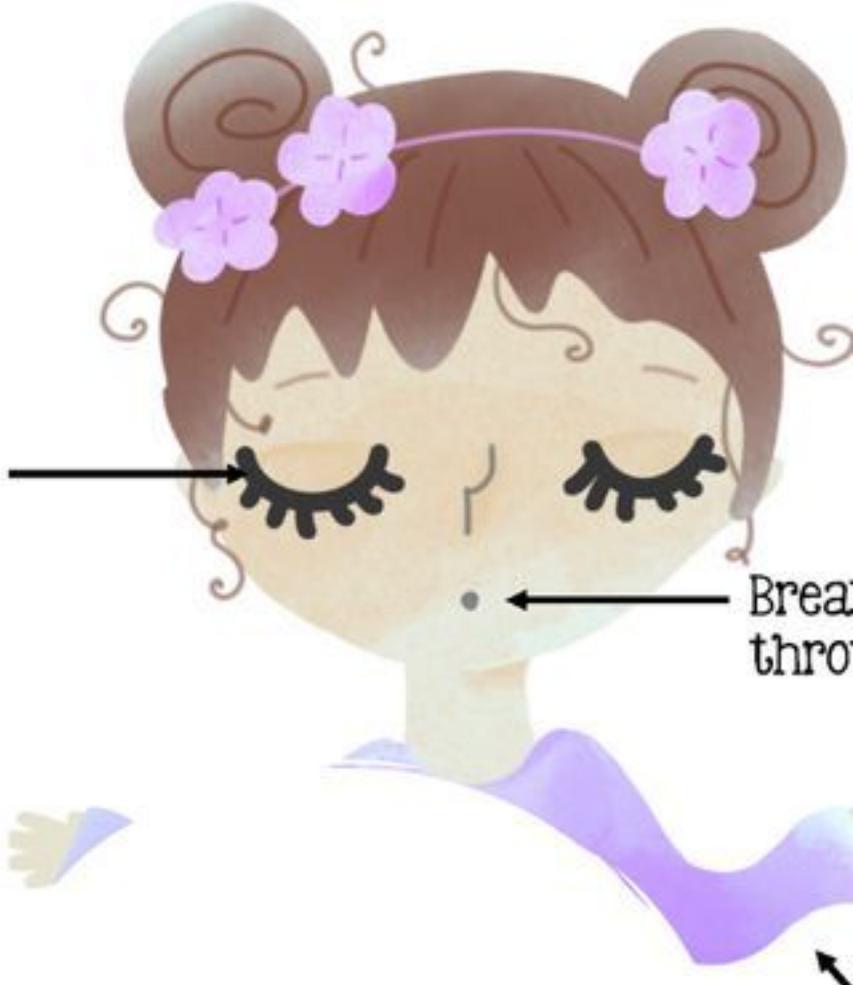
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onfidence.

**Printable PDF
Format**



out this illustration of
oss-legged meditation



**For K -
2nd Graders**

Mindfulness Cottage