

Kids Meditation Scripts

MINDFUL MEDITATION FOR KIDS Worries Float Away

Meditation for Worries Float Away: This script guides young children through a simple visualization exercise to help them release their worries and feel more calm and focused. It's perfect for use in a classroom or at home.

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MINDFUL MEDITATION FOR KIDS Body Scan Meditation

Body Scan Meditation for Kids: This script guides young children through a simple visualization exercise to help them release their worries and feel more calm and focused. It's perfect for use in a classroom or at home.

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Radiate. Educate.

