



Mindfulness: Growing Flowers

Practice a moving meditation by acting out the metamorphosis of a seed into a flower. This is a mindfulness exercise designed to create feelings of calm and encourage graceful, mindful movements, while also building a child's capacity to focus and concentrate.

Dim the lights. Speak softly as you slowly guide the children through each stage. Draw attention and focus to each movement.

Example Description:

“Crouch into a little ball on the ground. We are seeds. I can feel the cool soil surrounding me and the warm sun above. I'm starting to grow. Grow with me veeeery slowly (*start to unroll and come to knees*). Now I can feel rain on my stem. I'm growing taller and taller (*standing*). Look I'm growing leaves (*put feet out*) and petals (*stretch hands high*).”

More Support: Children may not participate at first, but continue to model and narrate the actions, they are still building their capacity to focus.