



**A Meditation**

*Take a deep breath in filling your tummy with air like a big balloon, breath out and imagine the balloon going down. Let the rays of the sun come down and fill your body with warmth. Imagine the beautiful warm rays of the sun coming into your head and gently moving down through your body washing away any worries.*

*Imagine a beautiful rainbow bringing you lots of love, happiness and fun.*

*Imagine this colourful rainbow coming in through the top of your head, down into your throat, into your heart, down your arms, into your tummy, down into your legs and toes.*

*Let the children lay here feeling the warmth and light heal and fill their bodies with happiness and love.*

*Now that we are covered with the rainbow let us take a deep breath in and imagine this rainbow being sent to all our friends as we breathe out.*

*Then breathe in and as we breathe out imagine this rainbow going to all our family, mom and dad, our brothers and sisters, our Grandparents, our aunts and uncles, etc*

*Then breathe in and as we breathe out imagine this rainbow going to anybody else we want it to, maybe our pets, or sick people in the hospital.*

*Now take a moment and be still allowing yourself to be filled with love and happiness again. When we share our love and happiness with others it comes back to us.*

*Wiggle your fingers and toes and slowly open your eyes.*

*Note - after a meditation it is important to you're your child time to share their thoughts. This helps them understand their bodies and gives them a chance to tell you how they are feeling.*

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