

mindfulness



Thankfulness Mindfulness Meditation

By Chuck Hartman | Written August 12, 2021 | From: The Mister Chuck Channel | <https://youtu.be/7CbgiB21wT0> | <https://www.chuckhartman.com>

Sit quietly and take in a deep breath through your nose, and release the breath through your mouth. Make sure you are taking deep breaths from your diaphragm. Your diaphragm is a muscle that rests at the chest base and separates the abdomen from the chest. So, when you breathe from your diaphragm, your stomach should push out when you breathe in, and it will relax when you breathe out. If your shoulders rise and fall as you breathe in and out, then you are not breathing from your diaphragm. Make sure your stomach is pushing out when you breathe in and relaxes when you breathe out—this is how you know your breathing from your diaphragm.

Sit quietly and take in a deep breath through your nose, and release the breath through your mouth. You may even close your eyes if you wish. Take in a deep breath through your nose, and release the breath through your mouth. Once more, take in a deep breath through your nose, and release the breath through your mouth.

Try to focus on one thankful thought. What are you most thankful for today? Is it your pet? Is it a teacher? Is it your adult? Is it a toy? On what one thankful thought can you focus? Continue to take in a deep breath through your nose and release the breath through your mouth. Again, take in a deep breath through your nose, and release the breath through your mouth. Once more, take in a deep breath through your nose, and release the breath through your mouth.

You may be thinking of many thoughts—there may be many thoughts of thanksgiving running through your mind. This is okay. It's good to be thankful for many things. Now, try to focus on the thought that you are most thankful for today. Try to narrow your thoughts down to only one. Continue to take deep breaths.

Enjoy the one thought for which you are thankful right now. As you breathe in through your nose, feel the happiness that this thought gives you. As you breathe out, continue to enjoy your thankful thought.

As you continue to take deep breaths, imagine how you might bring this same feeling of happiness to someone else today. Think of things you can do to help someone else feel happy.

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Continue to take in a deep breath through your nose and release the breath through your mouth. Again, take in a deep breath through your nose, and release the breath through your mouth. Once more, take in a deep breath through your nose, and release the breath through your mouth.

Now that you have an idea of how to help someone else feel happiness today, you should feel relaxed and focused. You may open your eyes if they are closed. Anytime you need to reflect on one thing for which you are thankful, merely repeat this exercise.

Now that you have an idea of how to help someone else feel happy, help them feel that happiness. Maybe you thought about hugging your special adult or giving your pet some food. Perhaps you thought about making a picture for a friend or helping your brother or sister clean up. Whatever positive thing you thought about doing, do it and spread the happiness you felt from this meditation exercise.

I'll see you again soon for more mindfulness exercises.

Explanation & Focus

Today's mindfulness exercise will help children learn how to narrow their focus to one thought of thankfulness. The exercise can be replicated at home, and the 'gratitude' theme can be replaced with what is most meaningful to you or your child. The focus of this meditation is to narrow many thoughts down to one. This exercise will also help the child be mindful of how to share happiness with others.