

mindfulness



Mindfulness Meditation (Thought Capture)

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https://youtu.be/6_5BnpzU8U4 | <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 base of the chest and separates the abdomen from the chest. When you breathe from your diaphragm, your stomach should push out when you breathe in and 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 pushes out when you breathe in and relaxes when you breathe out—this is how you know you are breathing from your diaphragm.

Pretend that you have a magic wand. This is a very special magic wand; this magic wand can capture thoughts in your mind. It only works with your mind; no one else can have their thoughts captured by you, nor can anyone know what thoughts you have captured of your own unless you choose to tell them. Get your wand ready. Take a deep breath in through your nose and release it through your mouth. Let's do it again. Take a deep breath in through your nose, hold it for just a moment [PAUSE], now, release it through your mouth. Once more, take a deep breath in through your nose and release it through your mouth. Continue to breathe.

You may close your eyes if you wish. Now, what thoughts are you currently thinking? Are some of the thoughts concerning to you? Do you want to stop thinking specific thoughts? Well, remember, you are in control of your thoughts. You choose the ideas you empower. Remember, you also have your unique magic wand that captures your personal thoughts—any thought you don't want to think, you will capture in a moment.

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

Become aware of the thoughts you are thinking and become aware of the thoughts you want to capture. Gather the thoughts individually or in a group, the ones you don't want to think. Now, take your special wand and pretend to hold it to your head. Imagine that your magic wand is gathering these thoughts into itself. Picture these unwanted thoughts leaving your mind and being absorbed into your special wand. Take a deep breath in through your nose and release it through your mouth. Again, take a deep breath in through your nose and release it through your mouth. Once more, take a deep breath in through your nose and release it through your mouth. Continue to breathe.

You may open your eyes if they were closed. Remember, you choose to be aware of your thoughts, and you choose to give power to the thoughts that

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make you stronger and happier. You choose which thoughts your magic wand absorbs and takes away. If you feel the unwanted thoughts coming back, merely repeat this exercise.

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

Explanation & Focus

This mindfulness exercise is designed to help the child learn to capture thoughts that keep them struggling with fear, doubt, and anxiety. Through deep breathing, the child will understand that they choose which ideas to empower and which thoughts should be disregarded. The child is encouraged to pretend they have a magic wand that will only capture their thoughts. The child is encouraged to conjure and capture the thought they most want to avoid floating around in their mind. This guided mindfulness exercise can help the child be aware of their thoughts and decide to provide power to the ideas that make them most happy.