

# mindfulness



## Mindfulness Meditation (Centering, focusing, and stretching)

Written by Chuck Hartman | From: *The Mister Chuck Channel*

<https://youtu.be/r9qoWuKCp48> | <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.

Today, I want you to become aware of yourself. Take a deep breath in through your nose and release it through your mouth. How does taking a deep breath make you feel? Let's do it again. Take a deep breath in through your nose, hold it for just a moment and think about how it makes you feel. Now, release it through your mouth. How do you feel when you release the breath? Once more, take a deep breath in through your nose and release it through your mouth. Continue to breathe.

At this point, you may close your eyes if you wish. Now, think about where you might not feel your best. Maybe your stomach feels like it is in knots, or you feel too many emotions racing through your insides, or you feel like you are overthinking. Perhaps you feel okay, and you merely want to do some deep breathing, and that's okay.

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.

Now, if your stomach feels knotted, or if you have too many thoughts, or if you have too many emotions racing inside, just be still, and become aware of yourself. You say to yourself, in your own words, "I'm in control of me, stomach be still, thoughts, be still, emotions, be still." Now, 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.

Just be still [PAUSE FOR A MOMENT]. Now, 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.

© 2022 chuckhartman.com. Permission granted to copy for educational purposes.

# Mindfulness



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

Now, your arms should be fully extended into the air. Feel how good the stretch makes you feel. Take in a deep breath through your nose and release the breath through your mouth. Slowly allow your clasped hands to let go and open up and stretch skyward. Take in a deep breath through your nose and release the breath through your mouth. Continue to breathe.

You are now a flowing producing bulb. You are beautiful. You weathered the rain and are better off for having endured the rain. Now imagine that the sun breaks through and dries up the rain. Allow your flower to enjoy the sun's warmth. Take in a deep breath through your nose and release the breath through your mouth. Continue to breathe.

You may open your eyes now if you wish. Slow bring your arms back to your lap. Take in one last deep breath through your nose and release the breath through your mouth. You should now feel relaxed and ready to face whatever comes your way. Should you need to stretch again, merely repeat this exercise.

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

## Explanation & Focus

Today's mindfulness exercise is about centering, focusing, and helping the child become self-aware. Children are often so self-absorbed that they do not take time to listen to their bodies. This exercise helps the child slow down and become aware of how they feel inside: "is my stomach in knots, are my thoughts racing, do I have pain somewhere?" This exercise aims to help children learn how to slow down and become self-aware.