

Mindfulness



Mindfulness Meditation (When you feel unsettled—going to a ‘special’ place)

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

<https://youtu.be/dHOLP-ODkGI> | <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.

Sometimes you might feel unsettled. You might feel worried, anxious, scared, or just troubled about something. Mindfulness is an excellent practice to help you settle down. So, 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 close your eyes if you wish. Now, imagine the place where you feel most safe and happy. It might be your room, it might be the park, it could be a special classroom at school—wherever you feel safe and comfortable, go to that place in your imagination. It can even be a place you dream up—a place all your own.

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 your special place. Can you smell the smells of your special place? Can you see the colors of your special place? Enjoy your special place for a few minutes. 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. Anytime you feel unsettled, remember that you can go to your special place. Take a few minutes to take several deep breaths in, and then release the deep breaths and imagine going to your special place. Remember, any time you feel unsettled, you can merely repeat this exercise.

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

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Explanation & Focus

Today's mindfulness exercise is designed to help the child use their imagination and go to a place where they feel comfortable. Should the child feel unsettled for some reason, by pretending they are in their favorite place, they can potentially avoid a meltdown or any other undesired effect of feeling unsettled or unease. Adults, it is essential to talk with your child about the difference between being in actual danger and feeling unsettled and merely feeling unsettled for typical childhood reasons, like boarding an aircraft for the first time or meeting new people.