

Snowflake Mindfulness Meditation

By Chuck Hartman | Written August 14, 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 base of the chest and separates the abdomen from the chest. So, 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 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.

Now imagine snowflakes falling from the sky. Imagine many, many snowflakes falling from the sky. 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, imagine that the green grass is beginning to appear to turn white as the snowflakes cover the ground. Continue to breathe. Can you hear the silence of the snowflakes as they cover the ground? Can you sense the peace that you feel as the snowflakes continue to fall? Continue to take deep breaths.

As you take in all the beautiful snowflakes falling, sense the peace that you feel inside yourself. As you breathe in through your nose, enjoy that feeling of peace. As you breathe out, imagine that you are sharing this peace with others.

Now that you feel peaceful remember that you are in control of your feelings. You are growing well. You may open your eyes if they are closed. Anytime you need to feel peaceful, merely repeat this exercise.

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

Mindfulness



Explanation & Focus

Today's mindfulness practice can help children discover ways of finding internal peace. Using the analogy of snowfall, this exercise will explore the thoughts and feelings associated with winter snow: calm, quiet, silence, et cetera. When a child learns to use their imagination to create their own peace, they are better prepared to administer self-care.