

mindfulness



Mindfulness Meditation (Becoming Your Best)

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<https://youtu.be/ucvvm293qy8> | <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.

As you breathe, you may 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.

Today, let's pretend to be a seed. Let's pretend that we have been planted in rich soil. Take in a deep breath through your nose and release the breath through your mouth. How does it feel to be a tiny seed? Remember, small seeds mature into lush plants. Continue to breathe.

Now, imagine that the sun is high in the sky. Imagine that the sun's rays are warming the rich soil around you. Imagine that you, as a seed, begin to sprout. Slowly stretch out your fingers and imagine that they are roots pushing through the rich soil. Take in a deep breath through your nose and release the breath through your mouth. Continue to breathe.

As the sun's rays continue to warm you, feel that warmth. Let's take a few minutes to enjoy the warmth [Pause]. Now, 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. One more time, take in a deep breath through your nose and release the breath through your mouth. Continue to breathe.

Something magical is happening; as you are being warmed, your seed begins to push up sprouts through the rich soil. Slowly lift your arms into the air. Take in a deep breath through your nose and release the breath through your mouth. Continue to breathe.

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now if they were closed. How do you feel? I hope you feel loved. If there is ever a time you need to feel loved, merely repeat this exercise and receive some self-love.

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

Explanation & Focus

Today's mindfulness exercise is about becoming your best. Whimsically the child is encouraged to pretend to be a seed planted in the earth. The child is encouraged to imagine that they are putting roots down into the ground. As the sun's warmth reaches their tiny seed, they are encouraged to stretch upwards like a growing plant. This Spring themed exercise incorporates mindfulness, deep breathing, and stretching. At the close of the activity, the child is challenged to grow where they are planted: school, home, daycare—grow and be the best person possible.