

A 3 Minute Centering Exercise to Help Kids Develop Self-Awareness

Let's begin by finding a comfortable position which can be either sitting or standing. Once you feel comfortable, let's take three deep breaths together...

Breathe in slowly through your nose and out through your mouths. Let your tongue hang loose, and your belly get soft. Imagine you are a balloon, so when you inhale, your tummy gets bigger and when you exhale, your tummy gets smaller. OK, ready?

Deep breath #1: (Make sound of inhale/exhale so kids can follow)

Deep breath #2: (Make sound of inhale/exhale so kids can follow)

Deep breath #3: (Make sound of inhale/exhale so kids can follow)

There you go. Three deep breaths in to help us settle in a bit. Feels good, right?

Now, the second part of the centering exercise is called Smiling Heart. Continue breathing deeply... Sit with your eyes closed and spend a moment picturing whatever it is that makes you smile inside. Everyone has something or someone that makes them happy inside; perhaps a friend, a toy, a flower, a song. Ready? Let's start

Breathe in, Breathe out. (Make sound of inhale/exhale so kids can follow)

Breathe in, Breathe out. (Make sound of inhale/exhale so kids can follow)

Breathe in, Breathe out. (Make sound of inhale/exhale so kids can follow)

How did that go? I thought of playing and goofing around with my daughter last night. That always brings a smile to my heart, and that makes me feel so good and so grateful for this wonderful day.

The third part of the centering exercise is called Shine. Continue breathing deeply... with your eyes closed. Imagine that you are the sun or a lightbulb or a firefly. What do you do? You shine. Feel every inch of your skin glowing outward, as you shine in every direction possible...

Breathe in, Breathe out. (Make sound of inhale/exhale so kids can follow)

Breathe in, Breathe out. (Make sound of inhale/exhale so kids can follow)

Breathe in, Breathe out. (Make sound of inhale/exhale so kids can follow)

How did that go? What happens inside of your body? What sensations do you feel flowing through you? Okay. Take in another deep breath now and exhale slowly. Whenever you're ready, open your eyes and give your body a big wonderful stretch!

You just completed the centering exercise. Great job!