

MOVE + MIND

Learn how to have a Flexible Mind with this Reframing Exercise + “Above the Clouds” Meditation

Reframing Exercise



1. Choose a few examples of what appear as negative situations. Examples: I always have to get in the bath first; our pumpkins are ruined because the squirrels ate them
2. Have the kids think about the positives of the examples: Even though I have to get in the bath first, I get clean water and a dry towel; Since the squirrels ate our pumpkins, it will be easier to get the seeds out to bake!
3. Each child in the group can contribute a "negative" and the group can work to find positives.

Above the Clouds



1. Sit or lay down, option to close eyes
2. Imagine yourself in an airplane- where are you sitting? Window or aisle? Where are you going? Somewhere warm or cold? Ocean? Mountains?
3. Feel the plane taking off and going into the air.
4. You are still below the clouds and it's bumpy. Feel the bumps. Butterflies in your tummy. You are a little worried, anxious, scared.
5. All of a sudden the plane gets above the clouds and it's smooth! No bumps. You feel relieved, calm, peaceful.

Post Meditation Discussion

When you are in a "negative" situation, it can feel like the bumpy part of the airplane ride BUT when you step back and reframe the situation, you can feel like you are above the clouds.