

TRANSCRIPTION – MEDITATIONS INSTRUCTIONS FOR KIDS

hi my name is zafu i'm from the books

Zapdos quest and today i'm going to

teach you how to meditate I love to

meditate because it makes me feel super

happy will you join me

great first you will need to get very

comfortable you can sit down and cross

your legs or you can lay down watch me

are you comfortable great next close

your eyes now take a deep breath in

through your nose and out through your

mouth watch me now it's your turn let's

try this three more times okay you're

ready to meditate keep your eyes closed

breathe in through your nose hold your

breath for three seconds one two three

and now release your breath this time

through your nose let's try this three

more times

now I want you to take a deep breath in

your nose and let it out through your

mouth

while saying the words ha ha ha allowing

your breath to come all the way out

keeping your eyes closed imagine a white

fluffy cloud surrounding your whole body

enjoy the peace you have created now

open your eyes

rub your hands together and face them

out send the peace you have created to

everyone you love yay

you just meditate I knew you could do it

let's try this again sometime

take care

Inglês (gerada automaticamente)