

Loving Kindness Meditation(adult & younger)



May I be happy and peaceful.
May I be safe and protected.
May I be healthy and strong.
May I live with ease and well being.
May I be filled with loving kindness.
As I wish these things for myself,
I wish them for all plants, for all animals and for all people(all beings) in the world.
Namaste*

Or

Loving Kindness Meditation(Modified for youngest)



May I be happy.
May I be safe.
May I be healthy.
May I be kind.
As I wish these things for me,
I wish them for all the people in the world.
Namaste

or

Loving Kindness Meditation(modified for circumstances, theme, group dynamics, setting)



May I be _____
May I be _____
May I be _____
May I live with _____
May I be filled with _____
As I wish these things for me,
I wish them for _____

Namaste

*Namaste: "Show the light of your smile, the light of your eyes, the light of your ideas"

miniyogis® tip by Shana Meyerson

Happy/Sad Breath

How does Happy/Sad Breath work?

This is a **seated breathing exercise**.

Make sure your kids are sitting tall in a **comfortable cross-legged seat** (Sukhasana/Easy, Ardha Padmasana/Half-Lotus or Padmasana/Lotus) as you do the following demonstration:

First, slump (as kids so LOVE to do) and ask, “When I sit like this, do I look happy or sad?” Every kid gets it...sad.

Then sit up nice and tall (don’t even worry about your facial expression) and ask the same. Every kid gets it...happy.

So, we do Happy/Sad Breath. Really, it is just a **seated Cat/Cow variation**.

- **Inhale, tall and happy**
- **Exhale, round and sad.**

(Think about it, when someone is really proud, we call them inflated, really beaten down, we call them deflated). The emotion cues help to make sense of the movements.

Not only does this help with the breath and the breath-body connection, but you can also talk about how people are attracted to happy people and sitting up tall is a great way to tell the world you are happy and ready to be friends.

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I AM A BALLOON



yoga story

I'm so small. (Frog pose hug knees)

I need some air.

Can you help me blow?

(Inhale blowing breaths followed by the cues of big, bigger, biggest in three segments)

I grow big, bigger, the biggest I can be.

(One knee bent & up with arms out in front circle for big; extend arms over head for bigger with both legs in chair pose; biggest stand in mountain pose with arms extended high in a round balloon shape. Verbally guide the children to bounce, float, look around)

Oh, oh.....(I see cactus or *other idea*)

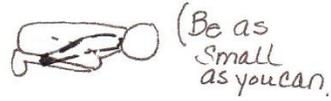
POP! (Clap hands loudly & sharply-drop safely & quickly & have fun as a limp popped balloon down on floor in baby pose or frog pose or any collapsed reclining rest pose)

AND BREATHE, ahhhhhh inhale & exhale softly. (define inhale & exhale if you have not done so.)

I am a seed yoga story



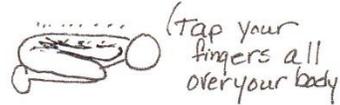
I am a seed, in the dark, dark ground.



(Be as small as you can.)



I feel the rain.



(Tap your fingers all over your body)



I see the sun.



"Tall"



"Taller" a circle)

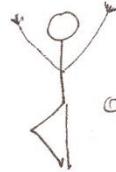


I grow so tall, I am a _____.

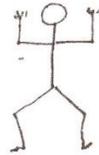
"Tallest"



or



or



Comfortable seat: Easy pose(Criss Cross), lotus or half lotus



ok hands, peace hands, butterfly hands, close or lower eyes: explore what you hear(cars,tick of clock, train, bird), what you feel(air current/heartbeat)go to a favorite place in your brain or imagination(ocean, home, garden, theme from book or activity you just did)with someone(hugging, running, playing, reading) BREATHE



Savasana: Doing nothing at all, resting pose, falling star, floating on a cloud, gingerbread baking in the oven, something for the storyline or activity of the day.





Childs Pose: