



MY WISE HEART MEDITATION

Boosts emotional health + self-worth

Best read peacefully with plenty of pauses.
Have pens and paper ready for each child to note what their heart says...

Sit comfortably, close your eyes, and take **three deep, slow, breaths... Relax...**

Place a hand on your heart... and give it a gentle rub, left to right. Your heart is **good** and **powerful**. It knows how you can be **always peaceful...** Let both hands rest now.

Staying relaxed and still, in your mind see yourself resting **calmly in nature**. Above you, floating in the big blue sky, is a **white flag**. On it a rhyme is written: I Am Smart, I Listen To My Heart. Looking at these positive words makes you **smile** and feel as happy as a kitten!

Notice now a **joyful young elephant** coming into the picture. She reaches up with her trunk and pulls the white flag towards the ground. Now she sweetly **offers you the flag without a sound**.

I Am Smart,
I Listen To My Heart

SHARE THEIR MESSAGES
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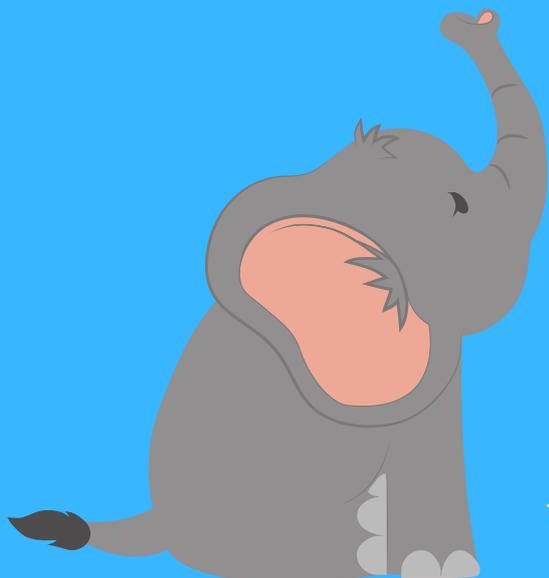
Take it, **gratefully**, and see yourself wrapping the flag around you, like it's giving you a hug. You're all safe and snug...

Be very, very still now. It's time to let your heart speak. What does your **heart** wish to **say**? Listen well, great secrets it can tell...

Hear your elephant friend trumpet in the distance! Feel **happy** that you have listened to your wise heart! You are **so smart!**

Smile now and open your excellent eyes.

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THANK YOU FOR HELPING KIDS TAP INTO THEIR INNER WISDOM

In the face of growing social media and peer pressure, the need for children to hear their inner voice is more vital than ever.

This short guided meditation:

- develops higher EQ by listening within to their inner guidance
- inspires children to focus inwards and find the peace and strength needed to thrive
- encourages adults to ask children every day: **what does your heart wish to say?** Imagine how different life can be when we focus daily on the source of all good!

Tips for the Reader

1. Play lyricless relaxing music to help create calm
2. Connect gently with your own heart as you read
3. Help them to record everything their heart says so that they can go back to and be helped by it in the years ahead

Please share your kids' heart messages with
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Thank you