

3 X 3 METHOD for Kids

By Jessica Smith from [UPLYFE](#)

Also available as a guided meditation on [YouTube](#)

Sit or lay comfortably.

Take a moment to adjust your body so that your body needs no attention.

Take a deep breath in using your nose, from the belly to the chest. Fill your entire chest with air. Exhale and release.

Again, take a deep breath in through your nose and fill your chest. Exhale.

Last time, deep breath in. Exhale.

Now, bring your attention to the sounds around you. Can you notice 3 different sounds?

Sit with each sound for a few breaths. Taking that sound in and allowing it to pull you out of the past, out of the future and into the present.

(long pause)

Now shift your attention to the different feelings within and without your body. Can you notice 3 different feelings?

Sit with each feeling for a few breaths. Taking that feeling in and allowing it to bring you into the present moment.

(long pause)

Finally, slowly open your eyes, keeping the relaxation in your face. Notice the objects of beauty around you and sit with each image for a few breaths. Can you notice 3 different things?