

## **Meditation practice**

### **Directions:**

1. Put on some relaxing music
2. Write 5 things you want god to fix in your life or in the world and 5 things you are grateful for
3. Meditate and pray on each of these things for at least 10 minutes

### **Things I am grateful for:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

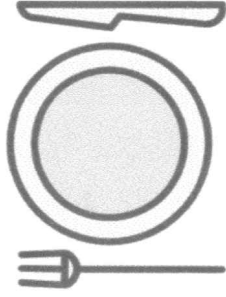
### **Things I am worried about:**

6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

# Adventurous Kids Meditation

Think of your favourite place to visit. Draw what is there, the weather, what you might eat.

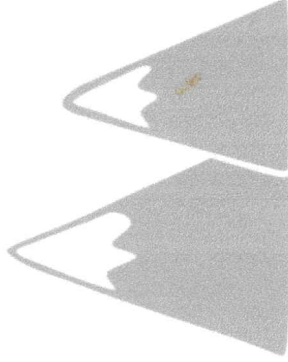
What is the weather like?



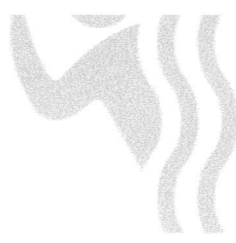
Do you have a favourite food the



What does it look like?



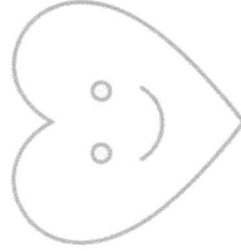
What do you enjoy doing here?



Does it have a smell?



How did you feel the last time you we



Sit comfortably & close your eyes. Imagine you are at your favourite place. How do you feel when you open your eyes?