




MEDITATION

In keeping with the story have children sit and listen to you read the following meditation to them. If you wish you could play quiet music at the same time to encourage them to relax and think about the beauty of nature.



Close your eyes children, and find a comfortable position, whether you're sitting or lying down. Take a moment to let your body relax, feeling the softness beneath you, feeling the air around you.

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As you begin to settle in, let your mind wander to the world outside, to the wonders of nature that surround us every day. Picture in your mind the tall trees swaying in the breeze, their leaves whispering secrets to the sky.

Imagine the birds soaring through the air, their colourful feathers painting patterns against the clouds. Listen closely, and you might hear their sweet melodies, filling the air with music.

Think of the gentle stream, flowing freely over smooth stones, its water sparkling in the sunlight. Picture the fish swimming beneath the surface, darting playfully in and out of the shadows.

Now, bring your attention to the flowers, their petals unfurling in a rainbow of colours, reaching up toward the warmth of the sun. Imagine their sweet fragrance drifting on the breeze, filling your senses with joy.

Take a moment to feel gratitude for the beauty of the natural world, for the animals and plants that share this planet with us. Let their presence remind you of the interconnectedness of all living things, and the importance of caring for our Earth.

Now, slowly bring your awareness back to your own body, feeling the rise and fall of your chest with each breath. Notice how your body feels grounded, supported by the earth beneath you.

As you continue to breathe deeply, remember that you are a part of this vast and wondrous world. Let the beauty of nature fill your heart with joy and gratitude, and carry that feeling with you wherever you go.

When you're ready, gently open your eyes, bringing the peace and tranquillity of this meditation with you into the rest of your day. Take a moment to smile, knowing that you are surrounded by beauty and love.

Engage with situations to explore their environment and nature.

