

"Metta Moments" for Children

- M** **MINDFULNESS** can help you notice what is happening in the present moment. Try to bring awareness to your body and mind. What thoughts do you have? How does your body feel? Tense or relaxed? What do you see? What do you hear?
- E** What **EMOTIONS** are you feeling? Angry, sad, happy, scared, embarrassed, disappointed, or nervous? Recognizing your feelings can help you better understand yourself and find ways to problem-solve.
- T** **TAKE** deep, calming breaths by inhaling through your nose and counting 1...2...3... and then exhaling through your mouth 3...2...1... With each exhale, let any negative thoughts or feelings release from your body. Try "Metta Breaths" on reverse side.
- T** **TEACH** yourself to practice these mindful strategies every day. With practice, you will learn to feel more calm, focused, confident, and compassionate towards yourself and others.
- A** **ALLOW** your emotions to rise and fall like the waves in the ocean. Don't be afraid to get wet and surf them for awhile!



Metta Meditation

May I have safety.
May I be free from fear.
May I have mental happiness.
May I have physical happiness.
May I have the ease of well-being.

