

Kids Can Club™

Guided Meditation for Valentine's Day and Every Day - "HIDDEN CARD"

Welcome to the Kids Can Club's Self Kindness Guided Meditation – a Happy, Bright tool for you to use if you're facing BIG and tough thoughts and feelings.

Get in a comfortable position, and when you're comfortable, relax your eyes or close them. Rest your hands on your lower belly and begin to focus on your breath. Breathe in deeply through your nose for four counts...1, 2, 3, 4...and feel your belly expand. Breathe out fully, through your mouth for four counts...1, 2, 3, 4...and feel your belly contract. Continue breathing in this manner for a few moments...inhaling deeply...exhaling deeply. Focus entirely on your breath...filling your body. If your mind wanders, that's okay. Just bring your attention back to your breathing.

Now imagine you are in a warm, comfortable, safe space. This may be inside, in your cozy home now, outside in a park, or on the beach in the warm summer...any place your mind takes you. Breathe in the peace of this space...breathing in and out...deeply. Your body and mind are relaxing more fully with every breath.

Now, in your imagination, look around your comfortable space. Do you see a secret spot where a note or message could be hidden...maybe in a drawer or a box if you're inside...or under a stone or tree if you're outside? When you find this spot, while breathing deeply, imagine moving slowly to it and looking closely. There you will find a small, beautiful envelope, addressed to you. Open the envelope to find a card inside...of whatever color or style that you imagine...a Valentine's Day Card...a Birthday Card...a "Thinking of You" Card...let your mind soak in the card's details.

Inside this card, you will find just three words written by you, for you. They are positive words you can believe and treasure. For they gently and truthfully capture and express what is wonderful and strong about you. Maybe you see "Caring," "Determined," and "Understanding." Maybe you see "Gentle," "Patient," and "Kind." Whatever words you find...really see them, breathe into them and let them expand within you...filling your body.

Continue breathing fully for a few moments, while focusing on this important message you gave yourself... these three positive words that support what you have accomplished and what you will continue to achieve. Breathe in and keep filling yourself with these strengths...breathe out and allow these positive assets to enter the space around you. Your inner self and outside environment are filling with these three wonderful, strong and clear descriptions of you...

And when you're ready, bring your focus back to the process of your breath...in...and out. Believe in the positive words on the card you gave yourself. Know they will keep moving you forward. Now slowly open your eyes and come back to your real world space.

Thoughts for after the meditation...

What did your space look like?
Describe your feelings within that space.
Where was your card hidden?
Describe the card you gave yourself.
What three positive words about yourself did you find?
How will these strong, positive "Self" words help you with BIG, tough thoughts and feelings?