



TODAY'S TOPIC:
Relaxing

You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age but could be adjusted as needed.

THINKING JOB: Ask a “thinking job question” to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

What does it mean to relax?

Lesson

Relaxing

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> Guided Meditation Sheet 	<ul style="list-style-type: none"> none 	To recognize the importance of rest and relaxation.

ASK: What does it mean to relax?

Some Ideas:

- To take a break
- To let go of stress
- To find peace within
- To calm down

SHARE: What do you think relaxing does to your body? Good stuff!

- Your breath deepens (air moves through your lungs and your body in a better way)
- Your blood pressure lowers and our blood flow increases (the blood moves around your body in a healthy way)
- Your digestion improves (your tummy feels good)
- Your hormones balance (the chemicals in your body and your brain get to the right level)
- Your muscles release tension (have kids make a hard strong fist, then relax it to show what this means)

When these kinds of things happen, it gives your body an opportunity to reset. Just like sleeping! This reset helps your body keep working well and feeling good so you can keep up with your busy day of play.

ASK: What are some ways you know to relax?

Some Ideas:

- Naps, laying down, stillness
- Quiet music
- Yoga
- Meditation
- Taking a bath

SAY: Wow! You know all kinds of ways to rest and relax! Let's try one of those things right now.

ACTIVITY: Guided Peace Meditation (okay to play meditative music while you read the meditation). Find a comfy position to rest your body in. (laying down is fine)

READ: (slowly) See meditation at the end of this lesson.

When you are done, allow a minute or so for adjusting back to the room.

ASK: How does your body feel after that exercise? How does your **mind** feel?

SHARE: After I take time to relax, I always feel refreshed and at peace. I feel as though I have more energy and I'm more excited about what I need to do for the rest of the day especially on days that are really busy.

Taking time to relax and rest is one of the most important ways you can take care of yourself, so make sure you are taking time for yourself each day. Let's say our affirmation together.

AFFIRMATION – I make time to take care of me. repeat 4X

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/> .

This is called a guided meditation. It's like listening to a story with your eyes closed and imagining what is happening. As you listen, you can see how your breathing slows down and your body relaxes.

Molly and Moon Meditation

When you're ready, sit or lie back and get comfortable. Gently close your eyes and take in a nice big breath that fills up your tummy. Now let it out and feel your shoulders and body get soft and relaxed.

Take another deep breath and as you exhale, let all the stress, thoughts and any worries of the day just float out on the wind of your breath and float far, far away.

As you continue to breathe steadily in and out, allow your body and mind to become completely relaxed. Imagine yourself in a beautiful wooded area.

It's safe and comfortable here, with the calming sound of gentle wind moving the leaves of tall trees around you. These woods can be deep in a quiet forest, or some woods very near to your home and family. A place that's new or a place you've been before. Whatever feels safe and relaxing to you.

As you slowly explore the woods, you come across two friendly, furry bear cub friends. Their names are Molly and Moon.

Molly and Moon are excited to show you their charming little cabin in the woods. It sits in the middle of trees and flowers, and there's a small campfire outside the cabin. The air is crisp and fresh, and it's so peaceful here.

Molly shares that this is their mindfulness cabin. Practicing mindfulness helps her bring peace and joy to her life. It also helps her to feel her feelings – good or bad – but not let them take too much of a hold on her.

Moon tells you that he also loves to take time for gratitude and mindfulness here at the cabin each day. He explains that being mindful is simply giving all your attention and focus to one thing in the present moment.

He asks if you would like to focus your attention on a mindfulness moment now.

It can be a very simple thing you choose to focus on... like a color, or your breath, or the feeling of love or kindness.

Molly focuses on the little butterflies flitting about the flowers. They're so light and playful. And they certainly know how to be in the here and now.

Moon lies on his back and looks up at the puffy clouds. They float by with no cares or worries. They're not afraid to change shapes or direction. They just flow along easily with life.

It's really interesting because you realize that when we are focused on one thing, we become totally absorbed in the moment. We are not thinking about anything else, not worrying about the past or the future. We are simply enjoying the experience of being in this very moment and being able to witness feelings and sensations.

Now sitting outside around the small warm campfire, we learn that mindfulness is a skill we can use all the time, just by being aware and fully focused in the moment.

You can stay here focusing on whatever you choose for as long as you like.

Molly and Moon smile at you. They are so happy to have met you. They tell you to come back to their mindfulness cabin any time you'd like.

*When you're ready, give your body a big stretch and open your eyes.*Source:

<https://www.greenchildmagazine.com/guided-meditation-printable-mindfulness-cabin/>