

Calm Minds, Clear Speech: 6 Kid Friendly

Meditations for SLP Sessions

Meditations can support children's social and emotional well-being, which positively impacts their speech therapy progress. Improved attention can lead to better thought organization and fewer dysfluencies, while emotional regulation helps children navigate challenging social situations.

These meditations can be adapted to fit a child's age and comprehension level, making the experience both positive and enjoyable.

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Balloon Breath Meditation

Have the child sit comfortably and close their eyes.

Imagine they have a big, colorful balloon in their belly.

As they breathe in, tell them to imagine the balloon filling up with air, making their belly rise.

As they breathe out, the balloon deflates, and their belly lowers.

Encourage them to continue this visualization, focusing on their breath and the balloon



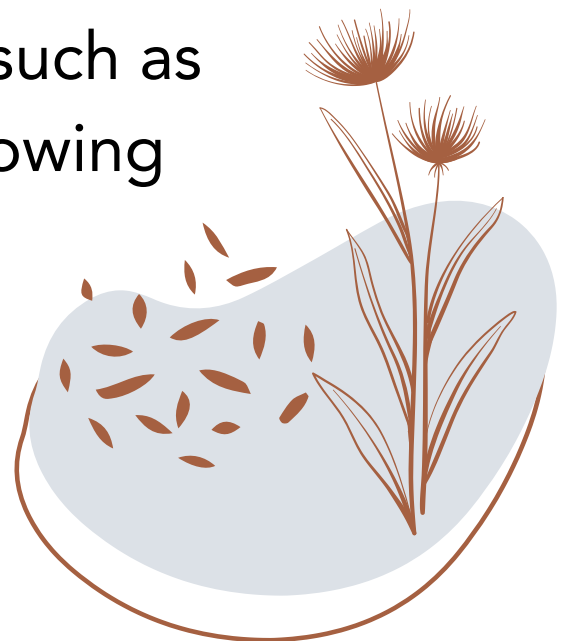
Nature Walk Meditation

Take the child on a nature walk or simply sit in a quiet outdoor space.

Ask them to close their eyes and listen to the sounds of nature around them, like birds chirping or leaves rustling.

Encourage them to take deep breaths and imagine breathing in the fresh outdoor air.

Guide them to visualize the natural surroundings, such as trees, flowers, or a flowing stream.

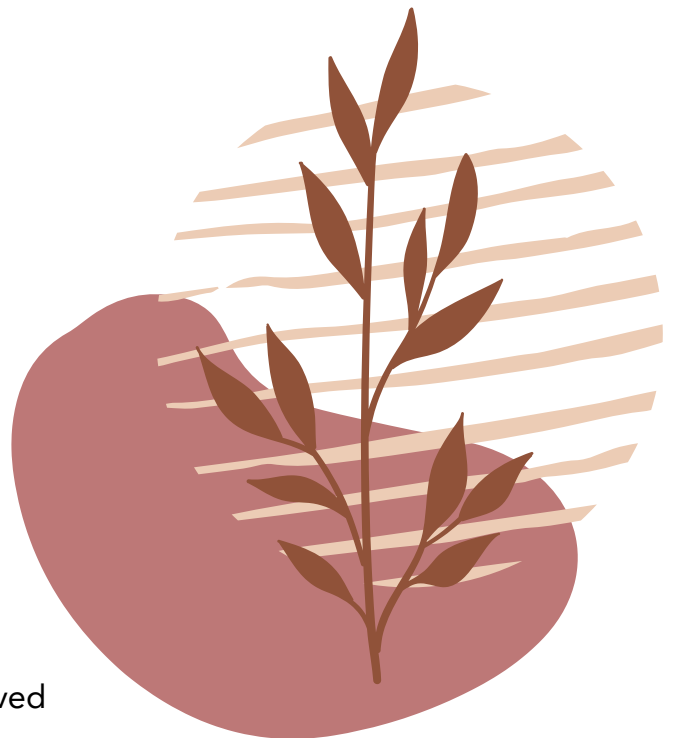


Imagination Adventure Meditation

Invite the child to close their eyes and imagine going on an exciting adventure.

Ask them to describe what they see, hear, and feel in this imaginary world.

Encourage them to use their imagination to create a peaceful and enjoyable place where they can relax and have fun



Body Scan Meditation

Have the child lie down or sit comfortably. Start at the top of their head and ask them to focus on each body part one at a time, moving down to their toes.

As you mention each body part, instruct them to relax and let go of any tension they might be holding there.

This meditation helps them become aware of their body and promotes relaxation.



Loving-Kindness Meditation

Have the child sit or lie down comfortably. Ask them to think of someone they care about, like a family member, friend, or even a pet.

Guide them to send warm and kind thoughts to that person or creature. For example, "May you be happy. May you be healthy. May you be safe."

Encourage them to extend these wishes to other people and eventually to themselves.



Mindful Breathing with a Count

Have the child sit quietly and focus on their breath.

Ask them to count each breath as they inhale and exhale. For example, "Inhale... one. Exhale... one."

Continue counting up to five and then start over.

This simple meditation helps them stay present and calm.

