

# — IN A — PERFECT WORLD

CENTERING THROUGH MEDITATION  
WITH GOOD LUCK YOGI

MEDITATION CAN HELP REGULATE EMOTIONS FOR CHILDREN AND ADULTS. FIND A PEACEFUL PLACE IN YOUR HOME WHERE YOU CAN SIT QUIETLY.



## WHAT YOU WILL DO

- Find a quiet place in your home to sit quietly.
- Close your eyes.
- Focus on your breath.
- You may find it helpful to find an online guided meditation for you and your family.
- Use the coloring pages while you share your experience with your family.

## GOOD LUCK YOGI

- Good Luck Yogi, a meditation device for children, shares a guided meditation here: <https://www.instagram.com/p/CAdHATvA3PY/?hl=en>
- Visit the Good Luck Yogi website here for more: <https://goodluckyogi.com>

## DON'T FORGET TO TAKE PICTURES!

We love to share stories of our friends practicing Everyday Kindness! Tag us @perfectworldfdn on Instagram and use the hashtags #EverydayKindness and #IAPWEveryday so we can see your beautiful creations!