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!

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