



<http://www.heartfulness.ca>

Our children's lives are increasingly stressful. In addition to the ordinary day to day stress, many of our children suffer from depression, anxiety and self doubt.

Mindfulness is simply the practice of paying kind attention to ourselves as we live our lives. This special way of paying attention allows children to find their "Still Quiet Place" within themselves.

In our busy, media-saturated culture almost everything teaches us to focus our attention outward. I invite you to help your children slow down, turn their attention inward, and make kind and healthy choices.



*Here is a practice you can do with your child.*

## Finding your Still Quiet Place

Start by asking your child if they want to find their Still Quiet Place.

Explain to your child that it's not a place you travel to in a car, or a train, or a plane. It is a place inside them that they can find just by closing their eyes.

Let's find it now?

Close your eyes and take some slow deep breaths. See if you can feel a kind of warm, happy smile in your body. Do you feel it? This is your Still Quiet Place.

Take some more deep breaths and really snuggle in.

The best thing about your Still Quiet Place is that it's always inside you. And you can visit it whenever you like. It is nice to visit your Still Quiet Place and feel the love that is there. It is especially helpful to visit your Still Quiet Place if you are feeling angry, or sad, or afraid. The Still Quiet Place is a good place to talk with these feelings and to make friends with them. When you rest in your Still Quiet Place and talk to your feelings, you may find that your feelings are not as big and as powerful as they seem. Remember, you can come here whenever you want, and stay as long as you like.