

# Music Meditation



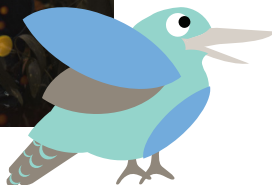
## What you need:

- An open mind
- Listening ears
- Singing music bowl/meditation bowl
- A little drum

## Tip:

Telling stories that encourage children to connect with the sound in their environment is great for their awareness.

This is also a wonderful way to spark imaginative thought as they close their eyes and listen.



## What to do:

- + Find a peaceful place, away from traffic and hustle and bustle. If you can, visit a local park or sit outside.
- + Start by closing your eyes and asking the children what they hear. Do they hear birds? What type of birds? Do they hear the trees swaying in the breeze? Do they hear an insect or a river flowing? This is a wonderful way to reconnect with our primary senses and be in the present moment.
- + Bring out the music bowl and delicately begin to create sound around the rim. Allow it to ring out into silence. Encourage each of the children to have a go dinging the rim or running the handle around the rim. Sing soft songs that encourage the children to wind down.
- + Bring out the drum and pat it gently, encouraging the children to also.
- + Conclude the session with a storytime featuring a musical children's book.

Do you know what a singing music bowl is? Check it out here!



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There are many guided meditations for children online. We have compiled a list for you:

[Cosmic Kids – Peace Out](#)

[New Horizon](#)

[Headspace](#)

[Annaka Harris](#)

[Insight Timer](#)

[Dreamy Kid](#)

[The Chopra Centre](#)

