

# The Thankful Bear Meditation (child)

## What to Know

This 7-minute audio can help your child relax while learning about gratitude with the Thankful Bear.

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Right click the link to download the audio to your computer, and from there you can transfer it to a smartphone or other audio player.

## Meditation Script

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Begin by finding a comfortable position, allowing your body to settle into the surface. Whether you are lying in bed, sitting in a comfortable chair, or relaxing on the floor, make sure you are comfortable so you can begin to relax.

Gently close your eyes and become aware of your breath. Inhale deeply, filling your belly. Hold the air for just a moment, then exhale slowly, letting go of all the tightness or tension in your body.

As you relax, imagine a fun and playful scene in your mind. Picture a cute and cuddly bear standing on its back legs, with its paws, big friendly eyes, a cute funny nose, and a sweet smile. This is the Thankful Bear, and he's here to help you embrace feelings of happiness and gratitude.

Pause for a moment to observe the Thankful Bear in your imagination. Notice his soft fluffy fur and the twinkle in his eye. He has a joyful and calming presence.

Now, think about something you're thankful for today. It could be something small or big. Take a moment to let that thought fill your heart with love and appreciation.

Now, think about another thing you're grateful for. Allow this feeling of gratitude to grow within you. Feel the gratitude expand throughout your body, relaxing your arms and legs. Appreciation flows through you like warm honey.

The Thankful Bear reminds you that even on challenging days, there are still things to be thankful for. He encourages you to always recognize the beauty in your life, all the good things that surround you. He explains how important it is to find peace and joy in these moments.

Today, you woke up to a new day full of possibilities. You have the chance to experience life's adventures and surprises. Feel thankful for the gift of life itself.

Think about what you learned today, whether it was something wonderful or something difficult. Every experience, big or small, is a lesson that adds to your knowledge and growth.

Imagine the Thankful Bear doing a little happy dance. His happiness and appreciation fill your heart with warmth and joy.

The Thankful Bear has a simple mantra that he wants to share with you. It is "Thank you." These two words are a magic phrase that can make you feel good and remind you of all the positive things in your life. These two words also make the people you care about feel good. When you say these two words, even strangers feel good! These words spread kindness, appreciation, and goodness.

Look at the Thankful Bear with a smile. He admires your strong body and all that it has done for you today. Your body is truly amazing!

Think about your hands and feet, and how they help you experience the world around you. Even if you stay at home, your imagination takes you to many places and adventures.

Feel gratitude for all the experiences you had today and the places you visited in your mind.

The Thankful Bear does another happy dance, and his joyful energy makes you giggle. He reminds you that there's so much to be grateful for, both big and small. Thankful Bear giggles, too, and claps his paws. He's proud that you are learning how to express your gratitude.

Now, the Thankful Bear brings your attention to your family and friends who love and care for you. Feel the warmth of their love in your heart.

Whenever you feel really happy or content, remember the two words Thankful Bear uses: "Thank you." Say these words out loud or silently in your mind.

As you move through your days, remember to express gratitude for the small joys and experiences you have. This gratitude attracts more fun moments into your life!

Life becomes even more wonderful when you take time to be thankful for what you have and the experiences we enjoy.

When you're ready, you can open your eyes and give your body a gentle stretch. Or, if you're feeling sleepy, allow yourself to drift off into a restful sleep, carrying the Thankful Bear's message of gratitude and joy with you.