

## Pebble Meditation Practice Sheet

**Flower**

**Fresh**

I feel fresh, energetic, joyful and playful when: (finish the sentence and draw a picture)

**Mountain**

**Solid**

I feel solid, strong and confident when: (finish the sentence and draw a picture)

**Still Water**

**Reflecting**

I feel calm, still, quiet and focused when: (finish the sentence and draw a picture)

**Space**

**Free**

I feel free, light and relaxed when: (finish the sentence and draw a picture)

## Instructions:

After introducing Pebble Meditation, invite children to fill out this practice sheet and reflect concretely on what makes them feel like a flower, fresh and energetic (like maybe when they go swimming, or take a shower, or wake up from a nap, or play with friends, or go for a bike ride). They can draw a picture of themselves doing this activity. Then when they practice pebble meditation, they have a more concrete feeling of what freshness is from their own experience. Then have them reflect on the other 3 aspects of pebble meditation: on what makes them feel like a mountain, strong and solid (like when a friend is sad and they can support him or her, or when they do well in a sports activity, or when they help their younger sibling do something), what makes them feel like still water, clear, and calm (like when they focus and do well on a test or in school, when they draw or write, when they sing, when they go for a walk, etc.) and lastly, what makes them feel spacious, free, light and at ease (perhaps when they spend time playing with friends or with mom and dad, doing their favorite activity, running down a hill, swinging on a swing, petting an animal, etc.)