Year C - 6th Sunday in Ordinary Time
Luke 6:17,20-23

Relieving Stress

Overview

Another effective way of relieving stress in children is through breathing exercises and meditation. These have been used by religious for centuries as a form of prayer and are still used today.

Set a prayerful environment by lowering the lights and playing some quiet music in the background. Ask the children to spread out, find a space on their own and lie down on their backs. When everyone is settled, slowly read out the following meditation.

Meditation



- Take deep breath in, hold it ... then slowly breathe out (*Repeat 3x)*
- Stretch out your fingers and relax them, then stretch them again.
- Stretch out your toes and relax, and stretch again, then relax.
- Now concentrate on my words and let your imagination picture what I am saying
- Before Jesus ascended into heaven he said to his friends "*Remember, I am always with you"*
- Imagine Jesus is with you now, it is just you and Jesus.
- How do you greet him, how does he greet you?
- Jesus, wants to sit with you and speak with you. What does Jesus want to say to you?
- *Spend a moment of time in silence.*
- It's almost time to finish, so you and Jesus begin to end your conversation, but before we do, Jesus has one last thing to say to you. "*Remember, I am always with you."*
- *What is something you want to say to Jesus?*
- *Repeat the intro but in reverse, asking the children to become aware of the arms, legs and body. And when they are ready they can sit up, open their eyes an stretch.*
- Before ending, make sure you lift the spirits back up. Remind the children that the conversation they had with Jesus then, they can come back to anytime they want to.