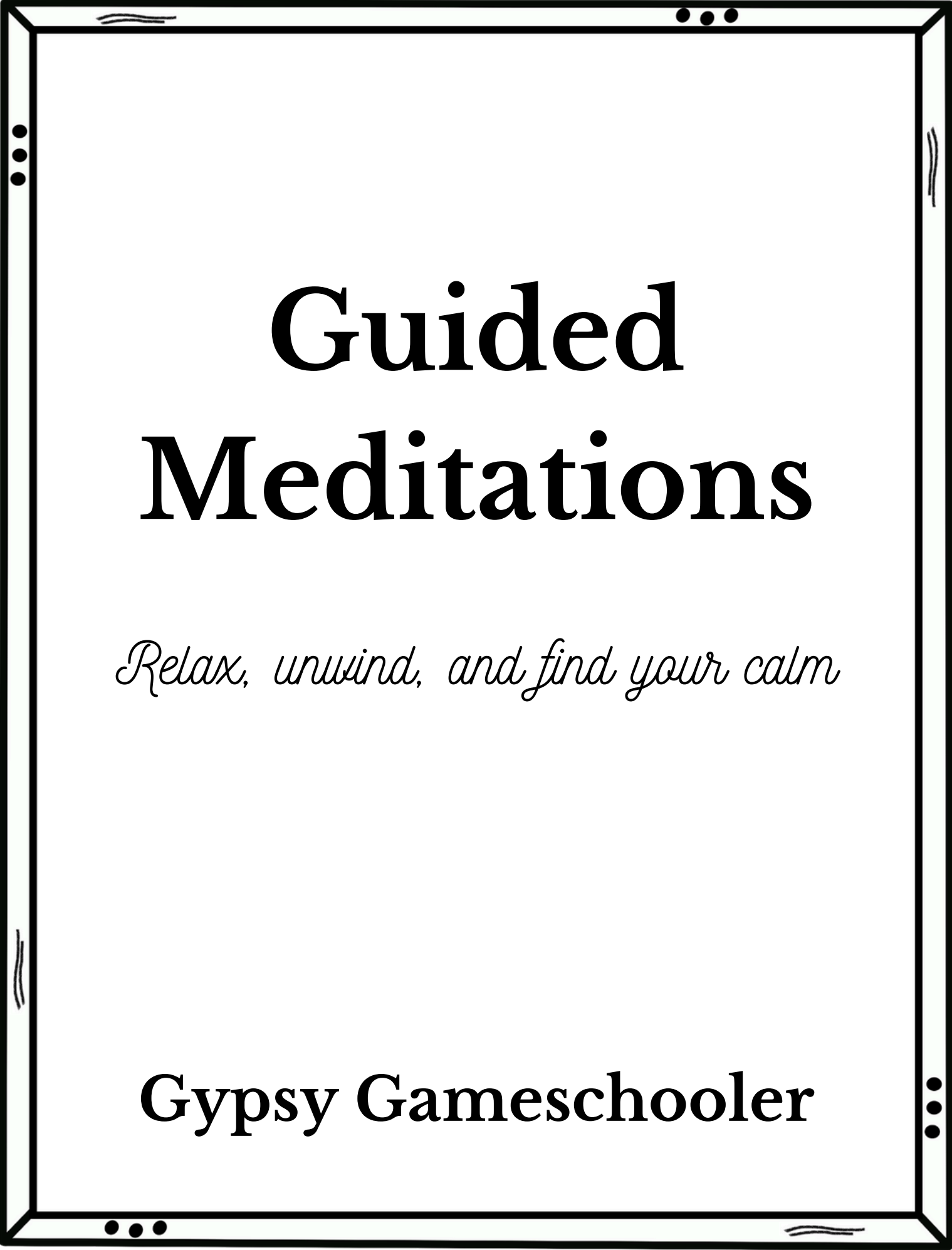




Guided Meditations

Relax, unwind, and find your calm

Gypsy Gameschooler

Thank you so much for downloading these guided meditations! Feel free to put this to your own use as much as you'd like.

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Check out my book, Gameschooling on a Budget, for tips and games to play for less.

Gypsy Gameschooler has been a labor of love for me, but website hosting gets expensive. I would really appreciate it if you were to click one of my Amazon Affiliate links before doing your shopping on Amazon.

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I'm an affiliate for a few other programs. Every penny helps! One day, I hope to help support my family with my blog, so thank you!

If you want to share these meditations with someone else - thank you! Please just send them to my website so they can purchase them for themselves. Thanks again!

Instructions

These four meditations are designed to work together. Begin with the 10-minute meditation.

The 10-minute meditation establishes habits and patterns. You will learn 7 ways to calm yourself and train a trigger word.

Any meditating is better than no meditation, but ideally, aim for a regular time to meditate. My family meditates before bed. Others prefer mornings or even mid-day.

If you begin with the 10-minute meditation and commit to using it daily for a couple of months, you will train your body and mind to relax on cue. Then, when you don't have time for the 10-minute meditation but need to center yourself, you can use one of the shorter ones.

Eventually, you should be able to calm yourself in any moment by adjusting your breathing, counting down from 10 or 5, or even just saying the trigger word *peace*.

So, choose a time of day you can commit to regularly and begin with the 10-minute meditation.

All four meditations are tested on my family and should serve you well. If your kids are too squirrely for the 10-minute meditation, start with one of the shorter meditations and work up to the 10-minute meditation.

If you find that closing your eyes is difficult, the video is of a fire, which can be meditative to stare into. Let your eyes unfocus and relax.

Happy meditating!

10-Minute Meditation

This meditation is suitable for children and adults. Choose a time of day you can commit to regularly and attempt to meditate daily. Find a comfortable location and position to meditate, either sitting or lying down.

After the trigger word *peace* is said, I provide a sample affirmation you can use. "I am calm and in control of my emotions." However, you can use any positive affirmations you like (a list is included) or just enjoy the music.

10-Minute Meditation

5-Minute Meditation

Once your meditation routine is established, you can use this meditation when you are short on time. The 10-minute meditation is still best, though, for optimum training of your mind and body.

5-Minute Meditation

3-Minute Meditation

Use this meditation when you just need a quick reset in between your regular meditation times. My daughter enjoys this one when she needs to calm frustrations in the middle of the day.

3-Minute Meditation

15-Minute Meditation

When you need extra relaxation or find that the 10-minute meditation just is not long enough for you, try this 15-minute meditation. It's the same as the 10-minute meditation, just with 5 extra minutes for positive affirmations in the middle.

15-Minute Meditation

Positive Affirmations

I am calm and in control of my emotions.

I am happy, healthy, and wealthy.

I get my work done with ease and joy.

I am organized and focused.

I am kind, and kindness makes the world better.

I believe in myself and my abilities.

I am loved just the way I am.

I can learn from my mistakes and grow.

I am strong, brave, and capable.

I am a good friend and treat others with respect.

My feelings are important, and I can express them.

I can do hard things when I try my best.

I am creative and full of great ideas.

Every day is a new opportunity to shine!

I am doing enough, and my best is more than enough.

I am the perfect teacher for my children.

I give myself grace on hard days.

I am creating a loving and rich learning environment.

I trust my instincts and embrace our unique journey.

I am patient, strong, and capable.

I can take breaks and care for myself without guilt.

I am raising kind, curious, and resilient children.

I celebrate small wins because they matter.

I am making beautiful memories that will last a lifetime.