Explore it

Guided meditation

Play some gentle music in the background quietly. For example **'Morning relaxing music for children'** (childhood memories Hayfield) by OCB Relax Music (3:03:31)

Ask the children to find a space on the floor and make themselves comfortable; they could sit or lie down and close their eyes. Read through the script slowly, giving a few seconds break between each sentence.

Explain that we are going to use our imaginations to help us spend time with God. So ask them to be as quiet as they can and use their ears to listen to your words very carefully.

As you close your eyes, concentrate on your breathing.

Your breath in, and your breath out. In and out.

Thank you, God for the breath in our bodies.

I wonder if you can imagine a field with lots of lovely green grass.

Maybe there are trees and flowers too.

There's a gentle stream of water, trickling through the meadow.

You can see the sun making the water sparkle!

I wonder what the water feels like.

Jesus is there too.

He is smiling at you, because he loves you so much!

Jesus wants you to know that just as a shepherd looks after their sheep, God will look after you.

What else might Jesus want you to know? Quietly in your mind you can ask him! What might Jesus say to you?

If you're not sure, that's OK. Sometimes we might just get a feeling, sometimes we aren't sure so don't worry.

When you're ready you can open your eyes and sit up gently.

How did that feel? Is there anything you want to share with everyone?