

Walking Meditation

As you are walking to the screaming,
BEFORE you talk to your children:

breathe in 2, 3, 4
breathe out 2, 3, 4

repeat until you arrive at the chaos!



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Loving-kindness meditation for parents

inspired by Sharon Salzberg

May I be safe
May I be healthy
May I be happy
May I live with ease

May my children be safe
May my children be healthy
May my children be happy
May my children live with ease

May my community be safe
May my community be healthy
May my community be happy
May my community live with ease



GLITTER JAR MEDITATION

Your body will thank you

Practice this simple meditation exercise whenever big unpleasant emotions arise.

1

MAKE A GLITTER JAR
1 Plastic Voss Still Water Bottle + 2 Glitter Glue Tubes + 1 Packet of Glitter. Mix together and shake!

2

SIT IN A QUIET SPOT

Shake the glitter jar & sit with the jar in front of you.
Allow your eyes to rest on the glitter as it settles.

3

BREATHE

Watch the glitter settle, breathe in through your nose like you are smelling something good all the way into your belly & then breathe out through your mouth like you are blowing out a birthday candle.

4

REPEAT

Still feeling yucky?
Shake the glitter jar and repeat



MODEL THIS FOR THE KIDS!

Next time you notice you are feeling irritated, angry annoyed or anxious, pause to meditate

Just like you teach them everything else, modeling this will teach them they can meditate when they don't feel good