

Free Meditation Apps

Many people associate mindfulness with sitting meditation, but mindfulness is much more than that. Formal meditation is one way to experience and train mindfulness skills. However, you can introduce informal mindfulness activities such as a mindful walk, Jenga, even eating and other activities for developing focusing skills.

Mindfulness is simply paying attention to what is happening within us and around us, our environment in the present moment. We learn to pay specific attention to our bodies and our senses.

However, mindfulness is an on-going practice and I'd suggest that you explore mindfulness on a consistent daily basis. When you have sustained your practice for some time, your child will likely practice some of the activities on their own.

Practicing mindfulness isn't about discipline or control your child. It isn't about quieting the mind too. Regular practice of mindfulness promotes internal organization and self-awareness, which often leads to self-discipline and increasingly more aware of whatever is happening in a balanced and non-reactive way. Sometimes the mind is quiet, sometimes it isn't. Be aware when your child is judging the practice based on such an assumption.

The best way to introduce mindfulness meditation is by practicing together, both you and your child when you're reasonably calm. Keep the practice short, and start light.

Below are some links to free guided meditations apps that you can start off with your child.

[Wellbeyond Meditation for Kids](#) This app includes short meditations focusing on feelings, kindness, and sleep.

[Stop, Breathe & Think Kids](#) This app includes a series of short, video meditations focusing on quiet, focus, caring and connecting, energizing, meltdown, open mind, and sleep.

[Sleep Meditation for Kids by Christiane Kerr](#) This app only includes one free 13 minute guided meditation. Parents can purchase further meditations by the same author within the app. These are mostly longer meditations, and suitable for younger children and teens.

[Three Good Things – A Happiness Journal](#) This app is suitable for tweens and teens. It helps to increase happiness and positivity by spending a little time each day to record three good things that happened in the day.

[Insight Timer](#) and [Calm](#) There are many different types of meditations and calming music in these apps to help you refresh your day, focus, relax, improve sleep, and more.

Should you wish to learn more about mindfulness and meditation; I offer a variety of programs and workshops for kids, teens, youth and your whole family. These programs are catered and crafted to suit your needs and your child's age. Feel free to contact me if you have any questions at aineecha.lifecoaching@gmail.com

Thank you.