

Summer Reflection Meditation

As a family or with a group of friends, go to a comfortable and familiar place; maybe out in your yard, snuggled on your favorite couch, at your favorite park, etc. Find a comfortable position for your body. (lay on the floor, rest your head on the table, lounge in a chair) and close your eyes. You may choose to play relaxing music if you want.

Calm yourself and your body. Become aware of your breathing, leave present thoughts and clear your minds. Once everyone is relaxed, think about (in your head) the following:

-Your favorite experience this summer. What were you doing? Who were you with? How did you feel?

-What were you most grateful for this summer? Why was this important to you?

-What is one new thing you learned this summer? In what ways was it challenging?

-What are you excited about for the fall or upcoming school year?

After a time of silent, calm, self reflection, slowly open your eyes and come back together as a group. Share together what you thought about when asked these series of questions.