

MINDFULNESS IDEAS

the golden 'suit' meditation



This idea originates from a meditation session completed by one of our Connected Kids Meditation Tutors.

Bryan is an 11 year old boy who struggles with anxiety and a challenging relationship with someone in school.

This playful exercise reframes negative emotions and makes the situation feel lighter.

WWW.TEACHCHILDRENMEDITATION.COM

COPYRIGHT CONNECTED KIDS 2024

OUTLINE



Mindfulness Warm-Up (10 minutes):

Ground in the space by noticing sounds, sights, and sensations.

Practise "window breathing," tracing a square while inhaling for 3 counts, holding for 4, and exhaling for 5.

Golden Suit Meditation (25 minutes):

Colour Visualisation: Imagine someone you know who makes you feel stressed. Surround them in a colour of your choice.

Golden Suit Visualisation: Picture putting on a golden suit, piece by piece—boots, gloves, and a helmet. Focus on how it feels: warm, strong, and protective. The suit becomes a shield of calm and confidence.

Walk through an imagined garden in the suit, connecting with nature and grounding deeply.

Heart Connection and Closing (10 minutes):

Sit quietly, focusing on gratitude and the sense of calm from the golden suit.

BENEFITS



Why It Was Effective:

Imaginative Engagement: The golden suit turned mindfulness into a superhero-like experience, making it relatable and empowering.

Emotional Transformation: The visualisation shifted the child's perspective, helping them approach challenging relationships with humour and empathy.

Long-Term Benefits: Regular practice led to improved emotional regulation, confidence, and even recognition at school for kindness and empathy.

Impact of the Golden Suit:

The golden suit became a powerful tool for emotional resilience. It helped the child face stress with strength and calmness, transforming their interactions and mindset. Over time, it created a profound shift, fostering a sense of empowerment and improved relationships.

"I really liked being in the golden suit it was a bit like a superhero I put a big golden motor bike helmet on my head felt and felt much better about this person today maybe she is a bit sad I like being in the golden suit and choosing a colour to put her in it made me smile seeing her in a colour."

Bryan, 11

LEARN HOW TO CREATE AND TEACH MEDITATIONS
WWW.TEACHCHILDRENMEDITATION.COM

COPYRIGHT CONNECTED KIDS 2024