Meditation Is For Everyone 1.

Supplies for activities needed:

* Meditation Video
* A friend

Activity Name: Weather Report

* School Readiness Outcomes (SRO) goals met:
  + Verbally express how they are feeling
  + Showing awareness of the feelings of others
* Instructions

1. Once the video has been viewed, sit down with the child, or have them sit with a friend.
2. Have the child give you or their friend a weather report about how they are feeling. For example, they may be feeling bright, sunny, and warm or they may be feeling heavy, rainy and gloomy.

* Extension Activity Ideas
  + Look outside! Create a weather report based on what the weather is in real time. Discuss how emtions can be described to match the weather, and how we can identify someone who is feeling that way.

