

Come Meditate With Me

by Dr. Mary Ann Shallcross Smith

Inhale

1... 2... 3...



Exhale

3... 2... 1...



Dedicated to all the children who have traveled through my child care,
beginning in 1972 and ongoing.

Special thank you to my colleagues who helped in writing this story.

Dr. Mary Ann Shallcross Smith

"Dr. Day Care"

Dear parents, teachers and valued readers,

Throughout my nearly 50-year career working with children and families, children have the same developmental milestones and challenges from generation to generation. In my experience, everything we teach young children will be imprinted in their life's journey. Teach children to meditate or take time to breathe and they will have the tools to use when they feel anxious inside or out. Sometimes we notice or sense a young child's anxiety when they become despondent, shy, or out of control. Teach meditation to provide tools to reduce anxiety.

I began to research and learn more about meditation and mindfulness when I had free time due to the 2020 pandemic. I truly wish I embraced the tools of meditation earlier in my career. I have fully embraced the benefits of the art of meditation and am excited to encourage young children to learn to meditate. Rather than making statements like, "you will be fine," "knock it off," or "stop that" they can be reframed to "together, let's take a deep breath..." and practice meditation. Next, have a conversation about the child's feelings.

Included in the end of the book are suggested mathematical lessons that teach children basic math skills. With the power of mindfulness in a relaxed atmosphere and adding math, imagine the possibilities your child could reach!

Enjoy meditating! Give yourself the gift of time.



Sunday is the first day of the week

On Sunday I take time to be thankful for my family.



Next I meditate.

When I meditate, I start by taking three deep breaths into my beautiful body. My breath goes through my nose down to my lungs and belly.

On my first breath I will put one hand on my heart and one hand on my belly.

I slowly breathe in air through my nose and the air goes all the way down to my belly, which is located below my heart.

I feel my belly fill up with air and it looks like a balloon.

I hold my breath for 3 seconds as I count 1, 2, 3.



Next I exhale, I let the air leave my belly, like air leaves a balloon, and comes out of my mouth. It feels like I am blowing bubbles out of my mouth as I count backwards from 3, 2, 1.



Now I can relax and wiggle my fingers and toes.



7 days a week I take the time to give myself a little or big hug and also give myself a kiss!



Monday is the second day of the week

On Monday I take time to be thankful for my friends.



Next I meditate.

When I meditate, I start by taking three deep breaths into my beautiful body. My breath goes through my nose down to my lungs and belly.

On my first breath I will put one hand on my heart and one hand on my belly.

I slowly breathe in air through my nose and the air goes all the way down to my belly, which is located below my heart.

I feel my belly fill up with air and it looks like a balloon.

I hold my breath for 3 seconds as I count 1, 2, 3.



Next I exhale, I let the air leave my belly, like air leaves a balloon, and comes out of my mouth. It feels like I am blowing bubbles out of my mouth as I count backwards from 3, 2, 1.



Now I can relax and wiggle my fingers and toes.



7 days a week I take the time to give myself a little or big hug and also give myself a kiss!



Tuesday is the third day of the week

On Tuesday I take time to look outside to be thankful for the weather



Next I meditate.

When I meditate, I start by taking three deep breaths into my beautiful body. My breath goes through my nose down to my lungs and belly.

On my first breath I will put one hand on my heart and one hand on my belly.

I slowly breathe in air through my nose and the air goes all the way down to my belly, which is located below my heart.

I feel my belly fill up with air and it looks like a balloon.

I hold my breath for 3 seconds as I count 1, 2, 3.



Next I exhale, I let the air leave my belly, like air leaves a balloon, and comes out of my mouth. It feels like I am blowing bubbles out of my mouth as I count backwards from 3, 2, 1.



Now I can relax and wiggle my fingers and toes.



7 days a week I take the time to give myself a little or big hug and also give myself a kiss!



Wednesday is the fourth day of the week. I take time to be thankful for my home.



Next I meditate.

When I meditate, I start by taking three deep breaths into my beautiful body. My breath goes through my nose down to my lungs and belly.

On my first breath I will put one hand on my heart and one hand on my belly.

I slowly breathe in air through my nose and the air goes all the way down to my belly, which is located below my heart.

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Next I exhale, I let the air leave my belly, like air leaves a balloon, and comes out of my mouth. It feels like I am blowing bubbles out of my mouth as I count backwards from 3, 2, 1.



Now I can relax and wiggle my fingers and toes.



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Thursday is the fifth day of the week . I take time to be thankful for my toys.



Next I meditate.

When I meditate, I start by taking three deep breaths into my beautiful body. My breath goes through my nose down to my lungs and belly.

On my first breath I will put one hand on my heart and one hand on my belly.

I slowly breathe in air through my nose and the air goes all the way down to my belly, which is located below my heart.

I feel my belly fill up with air and it looks like a balloon.

I hold my breath for 3 seconds as I count 1, 2, 3.



Next I exhale, I let the air leave my belly, like air leaves a balloon, and comes out of my mouth. It feels like I am blowing bubbles out of my mouth as I count backwards from 3, 2, 1.



Now I can relax and wiggle my fingers and toes.



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Friday is the sixth day of the week.

On Friday I take time to be thankful for my teachers!



Next I meditate.

When I meditate, I start by taking three deep breaths into my beautiful body. My breath goes through my nose down to my lungs and belly.

On my first breath I will put one hand on my heart and one hand on my belly.

I slowly breathe in air through my nose and the air goes all the way down to my belly, which is located below my heart.

I feel my belly fill up with air and it looks like a balloon.

I hold my breath for 3 seconds as I count 1, 2, 3.



Next I exhale, I let the air leave my belly, like air leaves a balloon, and comes out of my mouth. It feels like I am blowing bubbles out of my mouth as I count backwards from 3, 2, 1.



Now I can relax and wiggle my fingers and toes.



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Saturday is the seventh day of the week and the last day of the week

On Saturday I take the time be thankful for my play and exercise – my body that allows me to move in all different ways.



Next I meditate.

When I meditate, I start by taking three deep breaths into my beautiful body. My breath goes through my nose down to my lungs and belly.

On my first breath I will put one hand on my heart and one hand on my belly.

I slowly breathe in air through my nose and the air goes all the way down to my belly, which is located below my heart.

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Now I can relax and wiggle my fingers and toes.



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Every day, every minute, every hour, I tell myself all the time I am the best and I am so proud of me!



Most conversations can be created into a math lesson, here are some suggestions to teach math using the story [Come Meditate With Me](#).

Have conversations with your child such as:

There are 7 days in a week and let's name the days together.

Skip around in the conversation- ask if Thursday is the fourth or fifth day of the week. If your child answers it's the fourth day of the week which is incorrect, may I suggest you just say; you are close, it's the fifth day of the week . Let's count together on our fingers and say out loud, Sunday, Monday, Tuesday, Wednesday, and Thursday, which is the fifth day of the week.

Conversations on the breathing part of the story. Ask your child if they want to inhale with you on the count of 3 and exhale on the count of 3 backwards. Count together forward 1,2,3 and backwards 3,2,1 and breathe as you count in both manners. Then together count 3 breathes and 3 fingers and note that it adds up to 6.

Make being thankful a learning lesson. Ask your child what else can they be thankful for in their life. Suggest 2 and they come up with 2, which equals 4.

Lastly, a math lesson to talk about wiggling fingers and toes. How many fingers are on the left hand and how many toes are on the right foot? The total is 10 - you taught left and right, too!

Immerse your child in math and they will begin to immerse you into their math world too.



Please let your family, friends and colleagues know they can download a free copy of "Come Meditate with Me" at www.drdaycare.com/come-meditate-with-me

If you have any feedback or ideas just email me at your convenience at drdaycare@drdaycare.com

THANK YOU for bringing the gift of meditation in your home and classroom and choosing my book to read to your child.

Dr. Mary Ann Shallcross Smith