

Welcome to Heartfulness relaxation for children

The following free audio tracks and transcripts are available for teachers, parents, and carers to use for children. Relaxation helps children to feel calmer in the classroom, and to relax before bedtime.

Once children learn to relax, they can even enjoy teaching relaxation to each other and to their families.

Heartfulness is offering this resource in order to help today's children, many of whom are facing sensory overload and feelings of stress and anxiety. From an early age, children are exposed to large amounts of entertainment and information. Though technology is often viewed as a leisure activity, it can overstimulate our senses, reduce our inter-personal contact, and decrease our exercise time. Many people experience sensory overload, feeling tired and over-stretched, and our children are no exception.

Teachers and parents may not realise how stressed children feel. Play time has diminished and extra-curricular activities often fill every spare moment. Our 24/7 media output exposes children to live-coverage of negative and disturbing news, so it is not surprising that anxiety-related disorders in children and teenagers are on the rise. Children, especially younger ones, are not able to identify feelings of stress and anxiety as easily as adults. They may not connect their stomach pains, headaches, restlessness, or irritability as symptoms of anxiety.

Heartfulness aims to help children find a safe, quiet, and comfortable space within themselves. Heartfulness relaxation and visualisation can be introduced to children at an early age to help them tune into their hearts and bodies, develop self-awareness, and manage their emotions. The best way to learn relaxation is in a quiet, calm, and comfortable environment, away from interruptions.

We hope you enjoy these materials.

Free Heartfulness Relaxation and Meditation is also available for adults throughout the UK.

For more information please visit www.heartfulness.uk