

Name: _____

Date: _____

Let's do some SAMATHA MEDITATION!

Before you try this worksheet, you must watch the YouTube video:
<https://www.youtube.com/watch?v=m7l4NKvQ94M>

PART A:

The letters are mixed up! UNSCRAMBLE these words:

MASHATA _____

NIDISE _____

VELO _____

COFUS _____

DREGE _____

RORWY _____

DAS _____

DARSEC _____

ESDOTUI _____

REGNA _____

PART B:

Finish the following sentences:

1. When I tried meditation today, I felt _____.

2. It was _____ to follow my breath.

3. One distraction I had was _____.

4. I sat on a _____ when I practiced meditation.

5. I counted to _____ when I meditated today.

PART C:

Match the word with the picture:

love



lotus



bell



itch



mudra



PART D:

Fill in the blanks. Use the words in the WORD BANK.

Today, we learned about _____. When we meditate, we don't go _____ . We go _____ our hearts. In life, there are so many _____. Samatha meditation teaches us to _____. Without focus, we can't _____. When we focus, we bring our attention to a single _____. We sit up _____. We can sit in a chair, or we can sit on a _____ on the floor. We can try sitting in a very old way called _____ position. When we sit up, it helps us to stay alert or _____. Next, we put our hands in our _____. We relax. We follow our _____. We count our breaths on the _____ below our nose and above our lips. We sit perfectly _____. If we have a thought, feeling, or an _____, we gently go back to our breath. Meditation can help us to be _____ .



**TRY SOME MEDITATION EACH DAY IN THE MORNING
OR BEFORE BED! GO INSIDE YOURSELF!**