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.

LIVEWORKSHEETS

PART C:

Match the word with the picture:

love

lotus

bell

itch

mudra











LIVEWORKSHEETS

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 _____ .

still	inside	cushion		lotus		
	learn				distractions	
focus						lap
	point	meditation				
awake				outside		
		itch				straight
breath	triangle		happy			

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

LIVEWORKSHEETS