

Kind Wishes Meditation

Here is a short guided meditation from Louise Shanagher
<https://www.louiseshanagher.com/>.

This is a nice time to reflect on the past few weeks with your children. It's good to make some time to think about themselves, their families and their school friends, whom they may not have had a chance to say a proper goodbye to this year.

This guided meditation helps us make kind wishes for people in our lives.

Recommended for ages 6+

LISTEN

<https://www.barnardos.ie/media/7988/08-louise-shanagher-kind-wishes-meditation.mp3>