

GRAINS OF SAND MEDITATION

When we meditate, we allow any challenges, emotions, thoughts, and more to come out of hiding for healing.

Supplies:

- Wave sounds



Meditation Instructions:

1. Find a quiet space to relax into this meditation exercise.
2. Close your eyes and imagine yourself on a beach.
3. As you listen to the waves crashes, imagine all of your worries, fears, and anxieties as little grains of sand being lifted from your head and washing away with the water.
4. Continue doing this for as long as you feel you need to.

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Supplies:

- Sand Timer
- Journal
- Pens



Journaling Instructions:

1. Turn your sand timer over.
2. Begin writing (or drawing) using a journaling prompt or whatever comes to mind.
3. Continue writing about that topic until the grains of sand run out. Flip the timer over and start again with a new topic.

Journal Prompts

My
favorite
memory

Things I
love

My perfect
day

How am I
feeling
right now?

What color
is my fear
and why?

The best
thing
about
today

I forgive
myself
for?

What did I
learn
today?