



IMPORTANCE OF MEDITATION FOR KIDS TODAY

Should kids learn how to meditate? If so, at what age is it appropriate to start kids on meditation? What are the benefits of meditation for kids?

Every parent wants to give their child the best they can give. We all want what is good for them. We want our children to thrive, to live good lives, and be successful and healthy adults. Did you know that many schools now offer yoga and meditation for kids on a daily basis? There are many benefits of teaching meditation, yoga, and similar activities to young individuals. Meditation is a healthy habit that helps young individuals as much as it does adults, and it is something that will continue to improve their lives well into their adulthoods, in every way.

Children start meditation at an early age, even when they are in kindergarten. Why so early, you might ask. Imagine the world we live in. We have all sorts of information, distractions, stimulations coming at us from all directions. The same goes for the kids. As adults we are having a hard time coping with all the input, as kids, do you think they will be able to receive it in a healthy way and balance their lives without any help? The earlier we can start them on meditation the better. It has no bad side effects. It is all-natural. And it is 100% effective. So what are some of the major benefits of meditation for kids?

1. Meditation reduces stress and anxiety. You might ask, why would a little child need this? Many things give kids anxiety. Going to school, socializing with other kids, getting bad grades, being bullied. The list goes on. Meditation teaches kids proper breathing techniques. This technique regulates the heart rate and blood circulation in our bodies. When we can regulate our breathing, we can reduce our anxiety considerably easily.
2. It teaches kids effective coping mechanisms under stress. Many kids feel stressed out for the above-mentioned reasons. Kids might even experience stress much deeper than adults. Just because their problems are not adult problems, it doesn't mean their level of stress will be lower, or their reasons for stress are not justified. Unfortunately, many kids suffer from a great deal of stress. Meditation teaches kids how to wind down and pay attention to their bodies, by teaching them mindfulness techniques. To be in the present moment. Paying attention to the signs they notice in their bodies. And they learn how to relax themselves during the mindfulness meditation by simply being in the present moment and paying attention to their breathing, and the movement of their bodies.
3. Meditation creates new neural connections in the brain. When practiced for at least 8 weeks, meditation starts creating physical changes in our bodies and can be observed by the new neural connections in the brain. This helps kids tremendously! Meditation increases their focus, and it helps them to stay focused for a longer period of time. This has a positive impact on their learning abilities. Which, in the end, improves their grades.

Each year, more and more schools are implementing these relaxing activities like yoga and meditation. This helps not only children but also teachers at schools. It also helps parents at home. It is a great practice to improve our kids' lives.

