Stories That Teach and Transform
Metaphorical Educational Story for teaching meditation to 6-7 year old children

Invite children to pretend they are one of the children in the story and imagine being in the story inside their minds. Encourage children to close their eyes and relax gently, breathe through their noses as they watch the film in their mind's eye.

The narrative style needs to emphasise the appropriate behaviour of the children in order to teach the intended skills set.

Sentence structure may not always follow grammatical rules in order to emphasise important learning points.

Once upon a time there were two children called peace and happiness who lived in a beautiful cottage in the forest.

One day they went for a walk in the forest. It was such a beautiful day and they were enjoying their walk so much they forgot about the time.

The forest became quieter and quieter...

As night fell the two children found a beautiful hollow oak tree.

As they crept inside they felt warm and safe as they snuggled down into the soft bed of leaves that lay on the floor.

Even though they were with each other and felt safe and tired, somehow they just couldn't stop thinking about the day they had had.

All of a sudden they saw a small golden light just above their heads.

"Hello" a tiny friendly voice said *"my name is Stillness the oak fairy and I was wondering if you need any help to quieten your thoughts and to relax into your soft bed of leaves."*

'Yes please' said Peace and Happiness *"That would be lovely, what would you like us to do?."*

Narrator instructs children to follow Stillness's instructions.

"Well" said Stillness *"Close your eyes and feel your breath moving in and out of your noses and inside your bodies, in and out and in and out. "*

Peace and Serenity could see their breath in the cool night air as it turned into drifting mist.

"As you follow your breathing you notice how your thoughts slow down and become still.

As your thoughts become still you notice how your heads become all loose and floppy, you notice your arms becoming loose and floppy and your tummies become all loose and floppy and then your legs become loose and floppy."

Soon Peace and Happiness were feeling very calm and relaxed, so calm and relaxed that they weren't even sleepy.

They just remained beautifully calm and relaxed.

Then the morning sun shone through the branches of their tree.

Slowly they opened their eyes and stretched their arms and legs with a big wakeful yawn.

As they looked outside they could see that they had been in the oak tree at the bottom of their garden all night long.

The smell of breakfast drifted into their noses and with great excitement they ran indoors to tell everyone about their great adventure.

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