

Young Ninja Parent Support Conversation Guides



Meditation Scripts for Restlessness and Focus

Challenge: When a child is having trouble settling down or focusing on a task

Conversation Guide

Parent: "I notice it's hard to [settle down/focus] right now. In our Young Ninja book, remember how Tai learned to be still like a mountain? His mommy called it 'mini-meditation.' Would you like to try Tai's mini-meditation together?"

Child: (Response)

Parent: "Great! Let's sit comfortably like Tai does. Now, let's imagine we're mountains – strong, still, and peaceful. Mountains don't rush around or worry about things. They just are."

Guide a 5 minute simple meditation

[Use this is necessary](#)

Parent: "Tai discovered that even a mini-meditation helped him focus better on his homework. How do you feel now? Do you think you're ready to try [the challenging task] again?"

Follow-up reflection: "Just like Tai, you can be a meditation ninja anytime you need to focus or calm your mind."