

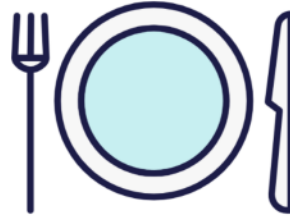
# Adventurous Kids Meditation

Think of your favourite place to visit. Draw what is there, the weather, what you might eat.

What is the weather like?

A large, empty rounded rectangle with a black border, intended for a child to draw the weather in their favorite place.

Do you have a favourite food there?

A large, empty rounded rectangle with a black border, intended for a child to draw their favorite food from the place.

What does it look like?

A large, empty rounded rectangle with a black border, intended for a child to draw the landscape or scenery of their favorite place.

What do you enjoy doing here?

A large, empty rounded rectangle with a black border, intended for a child to draw an activity they enjoy doing in the place.

Does it have a smell?

A large, empty rounded rectangle with a black border, intended for a child to draw or describe a smell from the place.

How did you feel the last time you were here?

A large, empty rounded rectangle with a black border, intended for a child to draw or describe how they felt when they were in the place.

Sit comfortably & close your eyes. Imagine you are at your favourite place. How do you feel when you open your eyes?