

# Morning Meditation

1. Sit up straight

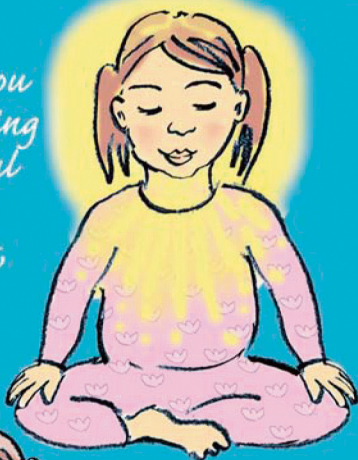


2. Pop your thoughts  
in your imaginary  
basket beside you

3. Take 3  
big breaths  
in and out



4. Imagine you  
are breathing  
in beautiful  
filling you  
with bright,  
shiny  
happiness



5. Breathing out dark clouds  
of grumpiness and sleepiness

6. Take 3 big  
breaths in  
and out



*I will start this new day being kind to  
myself, and to my family and friends  
I will try to be happy, helpful and patient  
And smile whenever I can*