

FAITH FORMATION AT HOME - FAMILIES WITH KIDS
BRIEF FAITH ACTIVITIES TO DO AT HOME.
FULL FREE LESSONS CAN BE FOUND ON VIBRANT FAITH CATALYST



vibrantfaith

Morning Meditation 2

Make yourself as comfortable as you can.

Close your eyes. (Pause.)

Take in a long,

slow deep breath. (Pause.)

Exhale slowly. (Pause.)

Imagine that the animals that you love are surrounding you. Put your hand out and imagine petting your favorite animal.

The animal loves you and starts to make happy sounds.

You feel safe. You feel loved.

You're ready to start your day. (Pause.)

Open your eyes. Today is a new day.

With God's help, you can face whatever happens.