

Pebble Bag Treasure Quest

Mindfulness Worksheet

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

☐

Heart

☐

Mind

☐

Body

☐

Breath

☐

Environment

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



1. For this exercise you will need pebble meditation bags, approximately 3 x 3 inches in size, and four pebbles for each bag. You can buy these or make your own or as an extra part of the activity you can have the children make their own pebble bags and collect their own pebbles.
2. To make your own pebble bags you will need two precut cloth circles about the size of a dinner plate for each bag, yarn and embroidery needles with eyes big enough for the yarn.
3. Have the children paint or draw on their cloth bags and once they are dry show them how to sew big stitches near the edge of the cloth and pull the yarn closed to make a pouch.
4. To collect your own pebbles have the children gather four flat pebbles to represent a flower, a mountain, clear water and space.
5. Then have the children either write the words or draw a picture (flower, mountain, clear water, space) on each pebble.
6. Once you have assembled your pebble meditation bags and four pebbles for each bag, find a nice spot outside with trees or bushes and hide the bags in the bushes, on tree branches, under leaves, etc. and then let the children hunt for their pebble bag.

Pebble Bag Treasure Quest

Mindfulness Worksheet

7. This exercise can be done before your first pebble meditation with your child to help you introduce the idea of pebble meditation and to help your child see the value of pebble meditation by viewing the pebbles in the bag as a “treasure” to discover.
8. The pebble bag may hold more meaning to your child when they have made the effort to seek it out.
9. Once the pebble bags have been found, return indoors with your child to your meditation spot to practice pebble meditation.
10. First, begin with mindful breathing for a few moments, concentrating on breathing in and out, feeling the chest rise and fall as you inhale and exhale.
11. Place the four pebbles to your left and when you are ready to begin, breathe in and out three times and pick up each pebble in turn visualizing what each pebble represents. As you finish with each pebble, place it to your right.
12. When you have completed the pebble meditation have your child find a special place to keep their pebble bag for future use.
13. How will you take what you learned from this forward into your life?

