



ACTIVITY

Candlelight Meditation



Sit in front of a candle and watch the flame gently flicker away... even just for a minute or so. Focus on the light, what colour is it and how does it move... What do you think or feel when watching it? Maybe take a few slow deep breaths. Then when ready, someone can make a wish and blow out the candle. You can use an LED candle for this activity too. (Always do this activity with an adult and supervision.)

