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Meditations for children: the theoretical context of the problem

The article reveals the characteristics of the modern world, which is interpreted by scientists as split, terrible, unimaginable, and merciless. It is shown that children react to information flows and feel fear and anxiety. Meditation practices developed by the authors for pre-school children and promoting relaxed and focused thinking are presented, during which there is an unappreciative observation of what is happening. Special attention is paid to the inclusion of meditation in the educational process, its positive impact on the emotional state and cognitive abilities of children. The importance of regular meditation as a tool for developing sustainable skills of self-regulation and personal growth in children is emphasized.

Key words: preschool children, meditation, mindfulness, relaxation, modern world, SHIVA world concept.

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