

# SAM HARRIS

## THE BLOG

### Guided Meditations for Children

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*(Photo via [Stefan Thiesen](#))*

My wife, [Annaka Harris](#), has created several guided meditations designed for children (ages 6-10). Enjoy! —**SH**



## Notes

Find this article online at: <https://www.samharris.org/blog/item/guided-meditations-for-children>