

Spiritual Protection for children

1. Crystals

It is important that you include spiritual protection as part of your child's life so that it becomes a normal part of their day – just like cleaning their teeth before bed and when they wake up in the morning.

One way to do this would be to introduce them to Crystals.

You could create a bedtime 'Crystal ritual'. Place a calming crystal such as Amethyst or Lepidolite under their pillow or on the bedside table, and say together:

"This crystal brings me peaceful dreams and keeps my space calm and safe".

Make it part of their bedtime routine.



When they wake, let them choose their own crystal.

Ask them :

"Which one feels like it wants to come with you today?"

Children have amazing intuition! And they are naturally drawn to the sparkle, colour and energy of crystals.

We can help children to connect with crystals as friends, helpers and feel-good companions.



2. Through Play

Another way to warm children to Spiritual Protection is through play! Playful practices nurture their inner strength. Through play, you can help your children to feel spiritually nurtured, protected, loved and safe.

Meditate

Share little mini meditations with a twist!
Have them close their eyes and ***"feel the warm sun in their heart."***

Breathe in light, and blow out butterflies! Keep it light and silly, and just 2-3 minutes long.



Play the Magic Shield Game

Let your child imagine they are surrounded by a glowing, magical shield.
It could be golden, rainbow-coloured, sparkly, or even made of stars!

Ask questions like:
"What colour is your shield today?"

"What sound does it make when you walk?"

Make it part of their daily morning routine, and remind them "don't forget your shield!"



3. Create simple stories

Every child has a rich imagination, and in that imagination, a special Guardian Animal is waiting to be discovered!

Sit with your child and ask:

“If an animal could protect you, which one would it be?”

Let them describe the animal’s colour, size, powers, and how it helps them feel safe. These stories not only build creativity, but will also teach your children about inner strength, protection, and trust.

Then create a story together!

The characters can have descriptive names, eg 'Luna the Brave' or 'Max and the Golden Light'.

These characters get into scrapes, but are always saved by their Guardian Animal.

Your child may enjoy drawing a scene from their story!

It’s a magical way to remind them that they are never truly alone, and that their Guardian Animal is always close by.

