

## What Is the Appropriate Length of Time for Children to Meditate?

*Coming Home: A Guide to Teaching Christian Meditation to Children* recommends the use of the mantra, prayer word, **MARANATHA**. This word should be used from the very beginning. We recommend the use of *maranatha* from age 5 and then to use the same word from then onwards.

Grade Level	Mantra	Recommended Length of time for Meditation
Preschool	Maranatha	5 minutes
Grade 1	Maranatha	6 minutes
Grade 2	Maranatha	7 minutes
Grade 3	Maranatha	8 minutes
Grade 4	Maranatha	9 minutes
Grade 5	Maranatha	10 minutes
Grade 6	Maranatha	11 minutes
Grade 7	Maranatha	12 minutes
Grade 8	Maranatha	13 minutes
Grade 9	Maranatha	14 minutes
Grade 10	Maranatha	15 minutes

*The invocation of the holy name of Jesus is the simplest way of praying always. When the holy name is repeated often by a humbly attentive heart, the prayer is not lost by heaping up empty phrases, but holds fast to the word and “brings forth fruit with patience” (cf. Luke 8:15). This prayer is possible “at all times” because it is not one occupation among others but the only occupation; that of loving God, which animates and transfigures every action in Christ Jesus.*

*Catechism of the Catholic Church, #2668*