

# HOW TO USE THE BLESSING CARDS

I've provided two version:  
a coloured watercolour background  
and a plain background - as you may like to paint  
your own watercolour and print the cards on this.

Printing on some card stock or thicker watercolour  
paper will make the blessing cards last a little longer.

Once printed, cut the cards out, rounding the  
corners so there are no sharp bits for little hands.

Find a place to keep them near the dining  
table, so that at meal time your little ones may  
choose a blessing.

While lighting your candle, you may like to sing or  
speak a little verse to add a little magic to your night.  
Our children really love when we sing to them.

*"Candle candle shining bright,  
give to us your golden light"*

I hope these cards help to bring a little more calm  
and mindfulness to an often busy time of day!

*Nat xx*

*natalie trusler*  
MINDFULNESS FOR BUSY MAMAS

WWW.NATALIETRUSLER.COM

# MEAL TIME BLESSING CARDS

A simple way to bring **mindfulness, gratitude** and **presence**  
to meal times with young children



Earth we thank you for this food,  
For rest and home and all things good,  
For wind and rain and sun above,  
But most of all for those we love.



blessings on the blossom  
blessings on the fruit  
blessings on the leaves and stems  
blessings on the roots  
blessings on our meal and a  
happy happy day.

Thank you for the world so sweet,  
Thank you for the food we eat;  
Thank you for the birds that sing,  
Thank you Mother Earth for  
everything.



morning tea, morning tea  
time to come and sit with me  
with drink to drink, & food to eat  
time to come and rest your feet  
- Susan Perrow



Earth who gives to us this food  
Sun who makes it ripe and good  
Dear earth, dear sun by you we live  
Our loving thanks to you we give  
Blessings on our meal

for the golden corn and the apples on the tree,  
for the golden butter and the honey for our tea,  
for fruits and nuts and berries that  
grow beside the way,  
for birds and bees and flowers, we give  
thanks today. Blessings on our meal.



Cut them out and place in a little dish or basket near the dining room table for meal times.

Enjoy, Nat xx

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