



PREPARING TO MEDITATE

Junior

Choose one of the following, or combine these processes to help prepare students to meditate.

BREATHING:

- Sit comfortably (on a chair or the floor) and close your eyes lightly. *Pause.*
- Listen to the sounds outside the room. *Pause for 15 seconds .*
- Listen to the sounds inside the room. *Pause for 15 seconds.*
- Become aware of your breathing. *Pause for 15 seconds.*
- Now follow your breath as it comes in and goes out, listen to it.
- Notice the gentle rise and fall of your chest as you breathe.
Pause for 30 seconds.

NOTICING SOUNDS:

- Sit comfortably (on a chair or the floor) and close your eyes lightly. *Pause.*
- Notice the most distant sounds you can hear and listen to them. *15 seconds.*
- Notice the sounds you can hear just outside the room. *15 seconds.*
- Now, notice the sounds *inside the room* you are in. What sounds can you hear now? *Pause for 30 seconds.*
- Finally move *inside yourself*. What sounds can you hear? Can you feel your heart beating? *Pause for 30 seconds.*

RELAXATION:

- Sit comfortably (on a chair or the floor) and close your eyes lightly. *Pause.*
- Beginning with your feet, slowly/gradually move through each section of the body step by step – tensing and relaxing as you go, e.g. ‘Be aware of your feet on the floor, tense/tighten them and hold (*pause*), now let them relax’.
Pause.
- Alternatively you can simply name each section of the body and suggest that they relax, e.g. ‘Be aware of your feet on the floor, put all your attention into your feet ...Now let them feel relaxed’. *Pause after mentioning each section of the body.*
- Be particularly aware of your thighs, spine, shoulders, arms, hands, neck, jaw and face muscles.