



Meditation helps children to stay calm, to practise ways of soothing themselves and to find focus. Ideally, meditation will take place in a quiet area.

Be aware that it may be difficult for some children – being asked to focus inside themselves might bring unwanted thoughts. If you notice you child is struggling, allow them a quiet stress toy to play with during this time, but encourage them to get into a relaxing position (and close their eyes if they want to).

Try to read the guided meditations in a slow, soft tone. Leave plenty of pauses. Most will take about 5 minutes. These can be revisited at any time and are also being used at school to start PSHE lessons.

Meditation	Script/Link
1. Glitter Feelings	<p><b>PREP: Jar, glitter</b></p> <p>This activity can teach children how strong emotions can take hold, and how to find peace when these strong emotions feel overwhelming.</p> <p>First, get a clear jar and fill it almost all the way with water. Next, add a big spoonful of glitter glue or glue and dry glitter to the jar. Put the lid back on the jar and shake it to make the glitter swirl.</p> <p>Tell the children: Imagine that the glitter is like your thoughts when you're stressed, mad or upset. See how they whirl around and make it really hard to see clearly? That's why it's so easy to make silly decisions when you're upset – because you're not thinking clearly. Don't worry, this is normal and it happens in all of us (yep, grownups too).</p> <p>[Put the jar down in front of them.]</p> <p>Now watch what happens when you're still for a couple of moments. Keep watching. See how the glitter starts to settle and the water clears? Your mind works the same way. When you're calm for a little while, your thoughts start to settle and you start to see things much clearer. Deep breaths during this calming process can help us settle when we feel a lot of emotions.</p> <p>We are going to start every PSHE session with a quiet time when we can become still to allow our feelings and thoughts to settle. We call this meditation. It might be hard to meditate at first, but it's like anything we do, the more you practise being calm and still the better you will be at it. Let's start by choosing an emotion now, then visualising the glitter as that emotion, and watch it settle and clear from our minds and bodies. Now we are ready to start our PSHE session.</p>
2. Be the Pond	<p>Have the child find a comfortable position – lying down or sitting with both feet on the floor. Ask them to get rid of any final wriggles. Tell them: Take a deep breath in and long breath out. Try 2 more breaths like this. Close your eyes. Now I want you to imagine a pond, with lots of fish swimming in it. The fish are beautiful, but you aren't one of them. You are the pond! That's right, you need to imagine that you are the pond. Inside you, these fish are swimming around, passing you by. There's an angry fish: it's red with spiky fins. There's a beautiful emerald green happy fish over there by that plant. At the bottom of the pond, you can see a sad fish. The more you look, the more fish you see. There's a fish for every feeling you have. There is a lonely fish, an excited fish and even a worried fish. Picture all of them swimming past you. Remember, you aren't one of the fish. You are just the pond. The fish will come and go and you can watch them, but your job is to just be the pond. It's the same with feelings. They will come and go, but your job is to just be the holder of them. You don't need to do anything with the fish, just watch them swim by. Just be the pond. Now gently flutter your eyelashes and open your eyes. Stretch out and slowly go back to your seat ready for PSHE.</p>
3. Classroom Yoga	<p><a href="https://www.youtube.com/watch?v=vYQy8-7Ut1E">https://www.youtube.com/watch?v=vYQy8-7Ut1E</a> If no injury prevents you from doing so, please also complete this with the child. How did they feel after it? Is it a good strategy for helping to calm down the mind?</p>



<p>4. Breath and Freeze</p>	<p>Part 1 – Breathe: Take a gentle breath in for a count of three. Hold your breath for a count of five. Exhale gently and slowly for a count of seven. Repeat this twice. Now, we’re going to mix tensing and relaxing our muscles with the breathing.</p> <p>Part 2 – Breathe and Freeze: Take a gentle breath in for a count of three. Hold your breath for a count of five, while clenching your fists tightly, contracting all the muscles in your hands and forearms (keep these clenched for the five seconds) Exhale gently and slowly for a count of seven, while completely relaxing your hands and forearms. Repeat this again, really focusing on the relaxation phase, noticing the difference between the feeling of tense muscles and relaxed muscles.</p> <p>Move this to the shoulders, feet, etc if you want to.</p>
<p>5. Starfish Breathing</p>	<p><b>Prep: A calming picture on a slide.</b></p> <p>Have the child find a comfortable position – lying down or sitting with both feet on the floor. Ask them to get rid of any final wriggles. Ask child to look at a calm picture on the slide. Then ask them to follow your instructions as you take them through gentle breathing techniques: breathe in gently through your nose and let your breath sink all the way into your lungs, then gently let it out again. Breathe in gently and out gently. Can you feel your tummy rise as you breathe in and go back again as you breathe out? Repeat this a number of times, encouraging the children to feel more calm with each out breath. Share this with the child and practise together:</p> <div data-bbox="288 846 935 1283" style="border: 2px solid red; padding: 10px;"><p>Brain Break Breathing</p><h3>Starfish Breaths</h3><p>Sit on the floor with your legs comfortably crossed in front of you. Open your left hand and extend it slightly in front of you so it looks like an open starfish. Take your right hand and extend your pointer finger. Beginning with your left thumb, take your right pointer finger and go up the outside thumb while taking a deep breath in. Go down the inside of the thumb and breathe out deeply. Continue the deep breathing in while going up each finger and exhaling when going down each finger. Once you are finished, switch hands and repeat.</p></div>
<p>6. Me Movie</p>	<p>Ask child to get comfy either seated or lying down and to get final fidgets done. Tell them: I’m going to tell you a story. Get comfortable, close your eyes, and imagine that you’re actually inside the story. Take in a deep breath, and when you let it out, feel everything around you getting calmer and quieter. Take in another long breath, release it slowly, and feel even calmer still.</p> <p>As you continue to breathe deeply and calmly, really see if you can focus just on my voice.</p> <p>Now imagine in front of you, a big television screen. On the screen, you see pictures from your own life.</p> <p>You see every time when you did something kind for someone. You also see every time someone did something nice for you.</p> <p>As you watch the film, you see how happy you’ve made other people, and you see all the happy times that you’ve had as well.</p> <p>As you continue to watch this film, you see a time when you helped somebody who needed you. You see how happy it made them.</p> <p>Just this thought makes you feel warm and fuzzy inside. Now switch to a time when someone helped you. Think how good you felt to know that someone was there for you.</p> <p>Keep watching these lovely moments of your life. Remember how happy you were and how wonderful you felt!</p> <p>All these happy feelings and the warmth and fuzziness are part of how love feels.</p> <p>Love is about taking care of other people, doing nice things, expressing how thankful you are and showing kindness and patience.</p> <p>We can show this part of ourselves every day, as much as possible.</p>



	<p>That feeling of love means that you're a part of a community of people, a very important part of a very loving universe.</p> <p>Notice how the love feels like a soft blanket wrapped all around you. It makes you feel warm and peaceful and happy. You can bring this feeling back whenever you want to.</p> <p>Now take in a nice deep breath and exhale slowly. Continue to feel all the lovely feelings as you prepare for the rest of our session.</p>
7. The White House	<p>Ask child to get comfy either seated or lying down and to get final fidgets done. Tell them: I'm going to tell you a story. Get comfortable, close your eyes, and imagine that you're actually inside the story. Imagine walking along a long white beach. You can hear the sea gulls and the gentle roll of the waves. Your feet sink into the warm, white sand. It is quiet and safe. You are alone walking into the soft sea wind. The sun is shining down on you, making you warm. You have been looking for a place to be quiet and comfortable. This feels as if it is your beach, yours alone.</p> <p>You stop and stand, looking out over the huge ocean. It shows its green top-water, its purple mid-water, and its grey powerful deep water. The colours are mixing and churning, creating the bubbly white crest at the top of each wave. The roll of each wave sounds like the Earth, breathing. O...cean. O...cean. Over and over again with each wave. You feel the power of the ocean and the Earth.</p> <p>A short distance ahead of you, you now notice a big, white house. It is calling to you. It looks like a small castle of some sort. You walk towards it, relaxed and interested. You follow a short path to the house and see that the large door is open. You feel that it is perfectly OK for you to go inside. It is safe and calm.</p> <p>You step out of the sunshine and into the coolness of this beautiful house. You find yourself in a huge hallway with plants and paintings. A magnificent, marble staircase stands before you. You know you want to go up those stairs. You become aware of a very heavy backpack that you have been carrying all this time.</p> <p>The backpack is full of your worries, troubles, concerns, and negative feelings. You have been carrying them for a long time and you realize that this backpack is weighing you down. Your shoulders ache, and your back feels tight and stiff from all these feelings.</p> <p>Slowly remove your backpack and with it all your worries and concerns and put it down on the floor. You notice it starts to get smaller and smaller, until it's disappeared completely! You feel released, free! You can now easily go up the staircase. Each step you take, you become lighter, happier, and quieted. Each step brings you closer to absolute joy. The joy lives in you, and now there is nothing to get in the way of feeling it.</p> <p>Now at the top of the stairs, you are strong and certain. A large window is open at the top of the stairs, and in front of it is a big, white comfortable chair. You sit down and face the window, watching the magnificent ocean once again. This time is yours. You watch from your chair, by your window in your house. Breathe in the soft ocean air.</p> <p>Now take in a nice deep breath and exhale slowly. Continue to feel all the calm and relaxed feelings as you prepare for the rest of our session.</p>
8. Bubble Wand	<p>Ask child to get comfy either seated or lying down and to get final fidgets done. Tell them: Close your eyes and take in a very deep breath.</p> <p>Pretend your tummy is a balloon and as you inhale, make that balloon as big as you can.</p> <p>Now, exhale and release it all.</p> <p>Let's do that again now... inhale fully and make the balloon any colour you want.</p> <p>Now as you do this, allow your arms and legs to get as floppy as a rag doll. Just let them get heavy and loose... all limp and relaxed. They feel so heavy it's as if you don't even want to move them because they are just so very relaxed! Just allow your body to continue relaxing while we use our imaginations to picture something.</p>



	<p>In your mind, pretend you are pulling a big, magical bubble wand out of your pocket. It looks like any bubble wand but this one has real magic in it. It has been small in your pocket, but as you pull it out, you realise it becomes enormous! It's a lot bigger than any bubble wand you've ever seen.</p> <p>Now, in your other hand, imagine you have a big bottle of magic bubble soap. Put the wand into the thick magic bubble liquid and get it nice and wet.</p> <p>Now you can start to blow through the bubble wand to make your gigantic bubble. As you do this, I want you to put any worry or fear you have about anything into that bubble. Just put it all in there!</p> <p>Then continue blowing the bubble until you think it's big enough. Keep your eyes closed, but nod your head when you've done that.</p> <p>(Wait for nod)</p> <p>As you finish, watch how a very strong friendly wind comes along and carries your worry bubble far, far away.... it carries it so far away that you can't see it anymore.</p> <p>It's leaving now. Watch as it goes.</p> <p>You can blow up as many bubbles as you need to with your magical bubble wand. Put anything in there that is bothering you and watch as the wind carries the bubbles far, far away.</p> <p>You can use this magic bubble wand whenever you need to... just by imagining it in your mind. I'll be quiet now so you can finish blowing your bubbles.</p> <p>When you're finished, take one last deep breath and then open your eyes. We will wait quietly until everyone is finished.</p>
9. Sun Breaths	<p><b>Prep: A calming picture on a slide.</b></p> <p>Have the child find a comfortable position – lying down or sitting with both feet on the floor. Ask them to get rid of any final wriggles. Ask child to look at a calm picture on the slide. Then ask them to follow your instructions as you take them through gentle breathing techniques: breathe in gently through your nose and let your breath sink all the way into your lungs, then gently let it out again. Breathe in gently and out gently. Can you feel your tummy rise as you breathe in and go back again as you breathe out? Repeat this a number of times, encouraging the children to feel more calm with each out breath. Share this with the child and practise together:</p> <div data-bbox="295 1243 933 1675" style="border: 2px solid orange; padding: 10px;"><p>Brain Break Breathing</p><h3>Sun Breaths</h3><p>Sit on the floor in a comfortable position. Close your eyes and take some slow deep breaths in and out. Picture a bright, shining sun smiling at you. Feel the sun on your face. Breathe slowly and let the sun warm your face. Imagine the sun warming your shoulders and back. Imagine the sun warming your arms. Continue to breathe in and out slowly and calmly. Imagine the sun's warmth spreading to your legs. Finally, feel the warmth all the way in your fingers and toes. Slowly stretch your arms overhead and your legs and feet out in front of you. Take a deep breath in and bend over towards your feet. Slowly exhale and sit back up. Take one more deep breath in and out and slowly open your eyes.</p></div>
10. Awesome Kingdom	<p>Ask child to get comfy either seated or lying down and to get final fidgets done. Tell them: Close your eyes, and imagine that you are part of this story.</p> <p>Take in a very deep breath, and let it out slowly. As you continue to breathe deeply and calmly, think about something you do well.</p> <p>What do you really love to do?</p> <p>This is called a talent, and we all have something that we're really good at doing.</p> <p>Now, just imagine doing what you enjoy and notice how you feel when you're doing it. It makes you feel happy and proud inside.</p>



	<p>Now feel yourself getting lighter and lighter. Take another breath, and feel yourself rising up higher and higher.</p> <p>Take another breath, and feel yourself rising up so high that it feels like you're floating. Now keep breathing calmly, and fly through the sky, gliding around in the air.</p> <p>When you're flying like this, if you want to go to a place, all you have to do is think of it. Think about a place, a special kingdom, where everybody loves your talent.</p> <p>It's a special place where everyone admires you so very much for your special talent! You are like the queen or king of that castle!</p> <p>As you approach the castle gates, you see a big banner that says, "Welcome. We love you!" All of the townspeople are lined up on the side of the streets with flags and banners, and they're all cheering for you as you walk toward the gate.</p> <p>Everybody's shouting and saying, "You're awesome!" and "You're FANTASTIC!"</p> <p>You realize all the people in this kingdom are kind and compassionate, and they recognise the special gifts and talents of each unique person.</p> <p>You walk toward the gate and go inside. A man in a funny looking suit is standing there to greet you. "Welcome to our kingdom!" he says. "We've been waiting for you!"</p> <p>This kingdom is a place where they really love and admire people who can do all the awesome things that you can do, and since you do things so well, they think you belong here as an important part of their kingdom. You are a role model and inspiration to every single person here.</p> <p>How does that feel knowing this? Perhaps you have a huge feeling of thankfulness in your heart.</p> <p>You can come back to this kingdom any time you forget how helpful or smart or kind you are, and all the people here will remind you how wonderful you are. For now, it's time to go back home, but you can carry all the wonderful feelings back with you and enjoy them every day.</p> <p>Now, I'll tell you a secret about this kingdom of yours. The people from your kingdom – the people who think you're amazing and awesome – are actually all around you.</p> <p>They're scattered about the world, so you might have to look for them.</p> <p>But if you keep being awesome and looking for those special people, you'll find a lot of people around you who notice how special and wonderful you truly are.</p> <p>Now take in a nice deep breath and exhale slowly. Continue to feel the feeling of awesomeness as you prepare for the rest of our session.</p>
11. Monster Meditation	<p>Ask child to get comfy in their seat or sat/lying down on the floor and to get final fidgets done. Tell them: Sit up tall (most children find it most comfortable to sit with their knees tucked to their chest because they can then rest their elbows on their knees) or lie down on your back and cover your senses with your fingers in the following way (hand sanitise first):</p> <p>Place your thumbs in your ears so that you won't be able to hear anything, place your index fingers gently on your eyelids, place the middle fingers on your nose, the next set of fingers above your lips, and your little fingers under your lips.</p> <p>Keep your elbows down and shoulders relaxed. Start breathing deeply, deep enough so that you'll hear your breath very loudly inside your head. After about ten deep breaths, gradually make your breath so quiet and unnoticeable that you don't hear it any more.</p> <p>Now, start listening to sounds by your right ear, and as you listen, bring your attention to subtler and subtler sounds. Sounds that are hiding under the sounds that you already hear... go deeper and deeper within in this way.</p>



	<p>Stay here for another few minutes before releasing your hands. When you are done, keep your eyes closed and enjoy the affect of this wonderful exercise for a few more gentle breaths. Now let’s flutter our eyelids open, and start our session.</p>
12. Power Poses	<p>Use the slides to look at pictures of humans overcoming challenges, demonstrating enthusiasm and winning competitions, (e.g. Usain Bolt with his hands in the air through the finish line; a rock star on stage with his hands in the air; athletes on a podium; crowds cheering someone on etc). What do the children notice about their posture? Often it is big, wide and open. Look at our Health Champions – each one of them strikes a ‘power pose’. Encourage the children to try each one of them out. When they do, they should assume that position, relax their faces, and breathe slowly and deeply. They need to hold that position for 1 minute. Ask the children to make a note of the Power Pose they will adopt and try for a week. Each morning, before coming to school, they should spend 1 minute in their ‘Power Pose’, breathing slowly and deeply. You may wish to do this in the classroom at the beginning of the day as well, and after the lunch period too. If you want to combine this with positive affirmations, encourage the children to choose an affirmation from the list below to recite slowly and with conviction while they hold their pose.</p> <ul style="list-style-type: none"><li>I am a calm person</li><li>I work hard</li><li>I try again if I struggle</li><li>I am persistent</li><li>My body is strong</li><li>I am powerful when I move</li><li>I make good choices</li><li>I am grateful for everything I have</li><li>Today, I feel confident</li><li>I am a good friend to others</li><li>I take care of my friends and family</li><li>I trust my instincts</li></ul>
13. Bubble Breaths	<p><b>Prep: A calming picture on a slide.</b></p> <p>Have the child find a comfortable position – lying down or sitting with both feet on the floor. Ask them to get rid of any final wriggles. Ask child to look at a calm picture on the slide. Then ask them to follow your instructions as you take them through gentle breathing techniques: breathe in gently through your nose and let your breath sink all the way into your lungs, then gently let it out again. Breathe in gently and out gently. Can you feel your tummy rise as you breathe in and go back again as you breathe out? Repeat this a number of times, encouraging the children to feel more calm with each out breath. Share this with the child and practise together:</p> <div data-bbox="284 1489 927 1928" style="border: 2px solid #00AEEF; border-radius: 15px; padding: 10px;"><p>Brain Break Breathing</p><h3>Bubble Breaths</h3><p>Breathe in deeply and form a bubble in your mouth. Your cheeks should be puffed out. Blow your bubble out of your mouth and push it away from you by blowing out hard and strong. Do this slowly and picture your bubble floating away. Keep breathing in and out deeply. Close your eyes and think about where else your bubble could go. Can you blow it far away? Can you blow it to a friend? Imagine your bubble is returning to you. Open your mouth and catch it for next time. Repeat.</p></div>



14. Thought Hunter	<p>Have the child find a comfortable position – lying down or sitting with both feet on the floor. Ask them to get rid of any final wriggles. Sit still with your eyes closed, and count slowly from 1 to 10. If any thought comes into your mind, immediately go back to 1. Watch for even the smallest thought. Be honest with yourself, so even the smallest thought, even a sound, even the thought “I’m already at number 3”... you need to go back to 1. Pause, and tell the child that this exercise helps us become more aware of our thoughts. The thoughts we are not aware of are the ones that make us feel what we feel and want what we want and push us into actions we might not have done if we noticed these thoughts.</p> <p>The first step in being able to change our thoughts and redirect where our life is heading is to be aware of those small quiet thoughts. Ask the child to practise again. One to two minutes of this exercise is more than enough.</p>
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