

# Meditation Moment

*Activity*

**Resource:** Ideas for Action

**Grade(s):** 1 2 3 4 5 6 7 8 9 10 11 12

## What Is it All About?

Students take a few moments to meditate at the start of the class. They then focus on an affirmation or recording.

## Why Do It?

Meditation is a powerful strategy to help relieve stress and relax.

## How Do We Do It?

Meditation can take only a few minutes and can help students learn to quiet their body and prepare for the day.

Student leaders share information about meditating with students.

Explain to students that there is no right or wrong way to meditate and that they should not be concerned if the mind buzzes with thoughts, or if they don't feel any different when they're finished.

When first starting, encourage students to focus on an affirmation or simply on their breath.

One way to meditate is to find a comfortable seated position and close your eyes. Have students try meditating for 3 minutes and gradually increase to 5, 10, or even 15 minutes. Or, meditation can be as simple as sitting quietly and taking a single, deep, slow breath. Anything that helps one slow down for even a brief moment can be helpful.

## What Else Do We Need?

Sufficient space for students to take a comfortable seated position

## How Do We Get Creative?

Search online for text or recorded guided meditations or affirmations to lead students through.

Volunteers guide other small groups or classes through meditations.

Students record themselves reading a guided meditation so they can use it at another time.