



# Meditation

## Guide

### What

A short mindful activity to help to calm young minds through a collection of carefully worded meditative prose. There are currently five unique meditations to choose from and we plan to add a whole lot more.

### Why

In the short term your pupils will be able to clear their minds, feel a sense of calm and prepare for classroom learning. In the long term they will reduce stress, help train attention and improve self awareness. We know your pupils are bombarded with information. Finding peaceful moments of self reflexion is essential for a growing mind.

### When

This is a very useful tool to use in class to to calm a group and prepare them to focus on the learning ahead. Practising meditation every day could provide your pupils with a life skill to help improve their overall mental health. The best time to get your pupils to meditate is in the morning.

### Learner Activity

Meditation should be encouraged whenever they feel the symptoms of stress such as jumbled thoughts or anxiety. How about asking them to meditate for 10 minutes before starting homework. Does their homework improve?

### Class Activity

Try Meditation as a group activity. Each class could have a 10 minute 'Prepare for Learning' session. How about the whole school meditating as part of your assembly. Do your pupils engage with learning better after meditation?

