

Leading a Meditation Session for Senior Students

When beginning meditation in the classroom, it is best to commit to practising consistently (at least once per week) for a short amount of time (a few minutes) rather than occasionally for a longer time. This gives the students the opportunity to become accustomed to it, and to enjoy it.

1. Preparation for Meditation

- Set the environment – you may wish to dim the lights, set a prayer focus and light a candle.
- Meditation is very practical and direct. When introducing it to students, encourage them to try the practice and judge the results for themselves. Suggest that meditation provides:
 - an opportunity to make space in our busy lives
 - a time to centre and calm ourselves, which is helpful for stressful times (e.g. study, exams, relationships, preparing to play sport etc.)
 - a time to leave our troubles behind for a time and to come back to them from a different perspective
 - a time of prayer to be attentive and open to God's presence in silence.
- Go through '**Meditation Method: Senior**' (this can be found within this page under 'The Sacred Word') – check the students' understanding.
- Read a short piece of Scripture or a poem. Relate it to the practice of meditation.
 - Jesus at Prayer: Mk 1:35, Lk 5: 16, Lk 6:12
 - Prayer: Mt 6:6-7, Lk 11:5-13, Do Not Worry: Mt 6:25-34
 - Jesus Stills a Storm: Mk 4:35-41
 - Parable of Growing Seed & Mustard Seed: Mk 4:26-32
 - Three Parables: Mt 13: 44-50
 - Jesus at Nazareth: Lk 4:16-21
 - The Man with a Withered Hand: Mt 3:1-6
 - Judging Others: Lk6:37-42
 - Martha and Mary: Lk 10: 38-42
 - The Temptation of Jesus: Lk 4: 1-13
 - Jesus the True Vine: Jn 15:1-17
 - Jesus Appears to the Disciples: Jn 20: 19 – 23
- Be clear about the length of time for the meditation and how to measure it (a bell, singing bowl or the WCCM app is helpful for this).
- Spend a few moments going through a process to prepare students to meditate, referring to the resource '**Preparing to Meditate: Senior**' on this page.
- Focus on posture, encouraging students to sit upright and relaxed.

2. Meditation Time

- Begin with a short amount of time (perhaps a minute or two) and build up the time slowly in order to allow the students to get used to the practice. You may build up the time to match the students' age, e.g. Year 7:12 minutes, Year 11/12: 15 minutes.
- It is important to meditate with your students; you are praying together.

3. Concluding the Meditation Time

- Conclude with a short prayer, e.g. *Our Father, Glory Be*
- Refer to the 'Meditation helps us' section in **Meditation Method: Senior** and suggest ways to bring the practice into daily life, e.g. thinking of others, finding new ways to solve problems.
- Suggest that they can meditate on their own any time – at home, in times of difficulty, get into a routine
- Some follow-up may be appropriate such as sharing, journaling, and drawing.