

Meditation in the Classroom

Below are some guidelines before introducing meditation into the classroom.

1. Inform your REL and/or Leadership Team so that they are aware and supportive of what you are doing.
2. Introduce meditation as part of a unit or year level activity with the support of other teachers.
3. Always introduce and present meditation in a Christian context. Sometimes there are questions about whether meditation is Christian. Ensure that you have an understanding of the Christian tradition (as outlined on this website) so that you are able to respond to questions or refer people to the relevant parts of the website.
4. Some students may find meditation challenging – always encourage them to give it a chance and persevere before you agree that they not participate. If you allow them not to participate, have a quiet activity for them to do that does not disrupt the class, such as reading a book or colouring in.
5. While it is rare, some students may report certain experiences from practising meditation, such as tingling in the body, emotional changes, spiritual experiences and sleepiness. Listen to the students and always affirm the gentle nature of meditation – it is not a wilful practice where we are striving for particular experiences, but rather, it is about being attentive and open to God's presence. Encourage the students by suggesting that the experience of meditation will change from one time to the next – sometimes it may be very peaceful and at others full of distracting thoughts. The important thing is to persevere and trust in the practice (and its possible benefits that may only show themselves in daily life).
6. If a student does have an uncomfortable experience during the meditation practice, give them time to talk about it. Suggest that if this happens to open their eyes and stop the practice – never suggest that they push through uncomfortable experiences wilfully. If you are concerned about it, inform your REL for support.
7. As part of a meditation session, encourage the students to bring the effects of meditation into daily life, in particular in the way that they treat others.