

Preparing to Meditate: Junior

Choose one or combine these processes to help prepare students to meditate.

Breathing

1. Sit comfortably (on a chair or the floor) and close your eyes lightly. *Pause.*
2. Listen to the sounds outside the room. *Pause for 15 seconds.*
3. Listen to the sounds inside the room. *Pause for 15 seconds.*
4. Become aware of your breathing. *Pause for 15 seconds.*
5. Now follow your breath as it comes in and goes out. Listen to it.
6. Notice the gentle rise and fall of your chest as you breathe. *Pause for 30 seconds.*

Noticing Sounds

1. Sit comfortably (on a chair or the floor) and close your eyes lightly. *Pause.*
2. Notice the most distant sounds you can hear and listen to them. *15 seconds.*
3. Notice the sounds you can hear just outside the room. *15 seconds.*
4. Now, notice the sounds *inside the room* you are in. What sounds can you hear now? *Pause for 30 seconds.*
5. Finally move *inside yourself*. What sounds can you hear? Can you feel your heart beating? *Pause for 30 seconds.*

Body Awareness

1. Sit comfortably (on a chair or the floor) and close your eyes lightly. *Pause.*
2. Beginning with your feet, slowly/gradually move through each section of the body, step by step – e.g. ‘Be aware of your feet on the floor, notice them, how do they feel? *Pause.*
3. Alternatively, you can simply name each section of the body. E.g. ‘Be aware of your feet on the floor, put all your attention into your feet ... feel your toes, are they cramped in your shoes? Do they ache? Are they cold? *Pause after mentioning each section of the body.*
4. Be particularly aware of your thighs, spine, shoulders, arms, hands, neck, jaw and face muscles.
5. Quickly go over the whole body again to notice areas of tension and tightness, and if necessary, re-address any areas of tension. Breathe into areas of tightness.