

Guided Meditation for All Ages (10 minutes)

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Ask your students to find a comfortable position, whether they are sitting in their desks or on the floor sitting, or lying down. Allow thirty seconds to a minute for them to get comfortable.

SCRIPT:

We are going to do a guided meditation. Get as comfortable as possible in your seats. Make sure your head feels comfortable, your arms, your legs, and your tummy. As you start to get comfortable, start taking note of how you're breathing right now. Go ahead and take a breath in through your nose and breathe out through your mouth. We're going to do a breath, again, this time I'll need you to take a deep breath through your nose and as you exhale feel your shoulders relax and become loose, feel your arms get heavy, and your head should start to feel really loose and heavy. Let's keep doing these breaths together.

(REPEAT TEN INTERVALS OF "BREATHE IN, BREATHE OUT," GOING SLOWER AT EACH INTERVAL)

Now that we're all breathing together let's imagine that we are in the happiest place we've ever been. Now, this could be this room, it could be your home, a park, Disneyland, the mall, just imagine the place that makes you happiest. Pretend that you're in that place and that you're happier than you've ever been. Remember to breathe in through your nose, out through your mouth.

(REPEAT TEN INTERVALS OF "BREATHE IN, BREATHE OUT," THEN ALLOW FOR A QUIET CALM TO FILL THE ROOM. WHEN YOUR STUDENTS ARE QUIET AND RESTED, SLOWLY GUIDE THEM OUT OF THE MEDITATION)

We're going to slowly start to come out of our meditation time. Can you feel your fingers? Your toes? Can you move your knee a little? How about your nose? Slowly open your eyes and move your head side to side. When you're ready, sit up and we'll get ready to do (whatever you want them to do in class!).