

THE MINDFUL SCHOOL

Student Lessons - Level 2



CONCEPT:

MEDITATIVE BREATHING FOCUSED ON FRIENDSHIP WITH MYSELF AND OTHERS

EXERCISE NAME:

FRIENDSHIP MEDITATION

AUTHOR AND YEAR:

ADAPTED FROM MARK WILLIAMS & DANNY PENMAN 2011

EXPLANATION:

THIS ACTIVITY INVITES STUDENTS TO ENGAGE IN A GUIDED MEDITATION, THROUGH WHICH A METAPHORICAL FRIEND WILL BE USED TO ENCOURAGE CHILDREN TO BE MORE KIND TO THEMSELVES, THEIR FEELINGS AND THEIR EMOTIONS.

METHODOLOGY

- BEGIN BY INVITING CHILDREN TO SIT WITH THEIR BACK STRAIGHT, TWO FEET FLAT ON THE GROUND AND HANDS RESTING ON THEIR THIGHS OR TUMMY. INVITE CHILDREN TO START FOCUSING ON THEIR BREATHING.
- WHEN THE CHILDREN ARE CALM AND READY, INVITE THEM TO REPEAT THE FOLLOWING PHRASES IN THEIR HEADS;

"I AM LOVED AND HAPPY, LET ME BE PEACEFUL AND CALM, LET MY THOUGHTS AND ACTIONS BE POSITIVE"

- ENCOURAGE CHILDREN TO FOCUS ON THE FEELINGS AND THOUGHTS THAT CROSS THROUGH THEIR MIND AS THEY REPEAT THESE SENTENCES IN THEIR HEADS. ENCOURAGE THEM TO LET THESE FEELINGS, POSITIVE OR NEGATIVE, COME AND GO WITH EACH BREATH.
- INVITE CHILDREN TO THINK OF A FRIEND OR LOVED ONE. INVITE CHILDREN TO REPEAT THESE SENTENCES IN THEIR HEAD, THIS TIME WISHING THEIR LOVED ONE THESE AFFIRMATIONS '___ IS LOVED AND HAPPY, LET THEM BE PEACEFUL AND CALM, LET THEIR THOUGHTS AND ACTIONS BE POSITIVE'.

REFERENCES:

MARK WILLIAMS & DANNY PENMAN 2011

LESSON #:

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Student Lessons



METHODOLOGY (CONTINUED):

- ENCOURAGE CHILDREN TO CONSIDER THE THOUGHTS AND FEELINGS THAT CROSS THEIR MIND AS THEY WISH THIS POSITIVITY FOR A LOVED ONE OR FRIEND.
- ENCOURAGE CHILDREN TO CONSIDER THAT OFTEN, IT IS EASIER FOR US TO WISH POSITIVITY AND LOVE TO OTHERS, RATHER THAN ACCEPTING THESE FEELINGS AND EMOTIONS FOR OURSELVES. INVITE CHILDREN TO THINK OF WHY THIS MIGHT BE.
- ENCOURAGE CHILDREN TO CONSIDER THE KINDNESS AND LOVE THEY FEEL FOR THEIR FRIENDS, AND TO TRY AND IMPLEMENT THIS KINDNESS TOWARDS THEMSELVES. ENCOURAGE CHILDREN TO BEGIN TO FOCUS ON SHARING THE LOVE AND SUPPORT THEY SHOW TO OTHERS WITH THEMSELVES.
- INVITE CHILDREN TO USE THIS STRATEGY TO SHOW EMPATHY WITH THEMSELVES WHEN THEY FIND THEMSELVES IN CHALLENGING SITUATIONS.

REFLECTION QUESTIONS (CHILDREN OR FACILITATOR)

WAS IT EASIER TO SHOW LOVE TO YOURSELF OR YOUR LOVED ONE? WHY DO YOU THINK THIS MIGHT BE? DO YOU THINK THAT YOU SHOW MORE EMPATHY TO YOURSELF OR OTHERS? DO YOU THINK IT WOULD BE EASIER TO HELP YOURSELF IN CHALLENGING SITUATIONS IF YOU SHOWED YOURSELF THE LOVE YOU SHOW TO OTHERS?