

MANAGING STRESS

This activity encourages teamwork and problem-solving in a physical and fun way.

YOU WILL NEED

- A quiet, comfortable room where children can sit or lie down without being disturbed. Soft background music that incorporates natural sounds (like water flowing or birds chirping)
- A gentle bell or chime to signal the start and end of the meditation.

INSTRUCTIONS

1 Getting Comfortable (2 minutes)

- Invite the children to find a comfortable position sitting on cushions or lying on mats. Encourage them to close their eyes and relax their bodies.
- Explain that they are going to take a journey in their imagination to find their calm.

2 Introduction to Breathing (3 minutes)

- Gently guide them to pay attention to their breathing. Instruct them to take deep, slow breaths in through their nose, hold for a moment, and then exhale slowly through their mouth.
- With each breath, they should feel more relaxed.

4 Body Scan (5 minutes)

- Start at the top of their heads and slowly move down to their toes. Ask them to focus on relaxing each part of their body as you mention it.
- Say, "Imagine a wave of relaxation gently sweeping over you, starting at your head, moving down your body, all the way down to your toes."

5 Visualisation (7 minutes)

- Begin the core of the meditation by guiding them to imagine a peaceful place. You might say, "Imagine you are on a small boat like Tilly's, gently floating on a calm, clear lake. It's sunny and warm, and you feel the gentle movement of water beneath you."
- Describe the environment in detail—mention the blue sky, fluffy clouds, gentle ripples on the water's surface, green trees along the shore, the sound of birds singing, and the warmth of the sun on their skin.
- Encourage them to feel the peace of this place and remind them that they can return here in their minds whenever they feel tangled or stressed.

6 Deepening Relaxation (2 minutes)

- Guide them to enjoy the feeling of calmness in their special place. Ask them to take deep breaths and with each exhale, feel more relaxed and at peace.
- Say, "With every breath you take, feel more relaxed and happy. Feel safe and calm in this beautiful place."

7 Returning (1 minute)

- Let them know it's time to slowly leave their peaceful place. Encourage them to take a few deep breaths and slowly start to move their fingers and toes.
- Tell them to gently open their eyes when they are ready, bringing back the feeling of calm with them.

8 Closure and Reflection (optional, 2 minutes)

- Ring a gentle bell or chime to officially end the session.
- Ask the children to think about how they feel now compared to before the meditation. Encourage a brief discussion about the importance of finding a quiet space in their minds when they need to calm down.

