

Instructions for an adult-led meditation session:

1. Ask children to sit on the floor with their legs crossed, backs straight, arms in their laps and eyes closed.
2. Lead the class in some breathing exercises. In their heads, children to count their breaths in and breaths out. Keep this going for one minute.
3. Now ask children to imagine that when they breathe in they are breathing in a white light and when they breathe out they are breathing out a black cloud. They are breathing in positive feelings and breathing out negative feelings. Keep this going for a few minutes.
4. Ask children to imagine that they are in a happy place. Ask them to think about who is there, what it is like, what they can see, hear, smell and feel.
5. Now ask children to imagine that everything in their happy place is disappearing and now they can only see themselves in a white room. There is nothing else there, just themselves.
6. Ask children to think about things in their lives that are good. Imagine they are pinning up all the good things in their lives on the white walls all around them. Leave children to do this for several minutes.
7. Tell children to now have a look at all the good things pinned on the walls and give thanks silently for what they can see.
8. Bring children slowly out of their meditation and ask them open their eyes when they are ready.

