



classroom activity - self value

Meditation

Being your own source of strength means independence, freedom, serenity and offers the opportunity for a more fulfilling and happier life. Meditation can be a good relaxation technique that enables inner freedom.

Meditation for children is a little different from meditation for adults. The urge to move, especially in smaller children, is still very pronounced. That is why part of the activity always takes place in motion. As with adults, silence and breathing exercises, sensory exercises and imaginary journeys are also on the agenda. The children will be guided in a playful and age-appropriate manner to make access easier.

AGE	3–6 years old
VALUES	freedom
MATERIALS	a warm and cosy room, mattresses and pillows for each child
TIME	60 minutes
GROUP SIZE	variable
OBJECTIVES	<ul style="list-style-type: none">• Children relax and calm down• Children engage in the breathing activity and sun greeting• Children engage in the discussion part
METHODOLOGY	Meditation
AUTHOR	various (Karin Wirnsberger, Franziska Maria Sirignano)

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STEP BY STEP IMPLEMENTATION

Step 1) Greeting ritual

Introduced during the first time the activity takes place and repeated from then on. This gives the children stability and continuity. For example, a verse is read to the children or a breathing exercise is started. (laying on mattress with pillow or cuddly toy on stomach, and notice how it moves up and down during breathing)

Step 2) Discussion of a topic

Then it will be discussed which topic will be the content of the meditation session. Example topics can be: the sun, love, the sky, sounds, tree, 4 elements or our own senses and our feelings. Children are very curious and enthusiastic. They enjoy having space to experiment and explore.

- Example with topic „Sun“
- Discuss the subject of SUN
- “Today it’s about the sun.”· What do you know about the sun?
- How do you feel when the sun is shining?
- Can you feel the sun? ...

Step 3) Quiet exercise, children lay down on mattresses

“Just imagine the color yellow, like a ball in your stomach. Now this ball is getting bigger and bigger, expanding more and more until it is completely enveloped in yellow light. It feels nice and warm ...”

Step 4) Guided fantasy journey (to be extended according to own ideas)

The children lie on the mat and a text is read to them. In their imagination they now create inner images for this text, in which as many positive sensory impressions as possible are incorporated. A state of rest and recovery occurs. In this case a text about the sun and its warmth.

LONG VERSION:

Lay/sit down comfortably. Find a position in which you feel comfortable. Find a comfortable position for your arms and legs. Breathe in and out deeply. Close your eyes and come on a little journey. We are going on a fantasy journey on which we experience the power of the sun.

— Break —

It is summer. The sun shines down on the earth and makes everything around you shine brightly. You stand in a meadow and enjoy the sun.

— Break —

The colors around you are filled with the glow of the sun's rays. The meadow has turned a wonderful green, the flowers bloom in all the colors of the rainbow.

— Break —

The colorful flowers shine in competition with the sun. They have stuck their heads in the direction of the sun. They soak up every ray of sunshine, they enjoy the light, they enjoy the warmth.

— Break —

You enjoy the warmth too. The rays of the sun warm your face, warm your body, warm your soul. You feel how the rays of the sun fill you and how their peace and quiet spread within you.

— Break —

You take a deep breath. The air is also filled with the power of the sun. It is warmed by its rays, it smells of flowers, of grass, of summer.

— Break —

You feel a deep inner peace within yourself. You enjoy once more the warmth that flows through you with every breath. You say goodbye to the meadow, the flowers and the sun. The power of the sun will continue to fill you even after the fantasy journey.

— Break —

You breathe in and out deeply. You feel rested, relaxed and calm. You have gathered strength for the day. Open your eyes. You are awake, receptive and refreshed.

SHORT VERSION:

In the dream you go for a walk, all alone, a flower meadow invites you to linger.

You lie down and come to rest. Your eyes are slowly closing.

Something tickles your face. At first you don't realize it. You wonder what can that be?

It tickles your leg. It tickles your arm too. Suddenly you feel comfortably warm.

You feel this warmth all over your body. You feel good, you are wonderful.

There you can see who is giving you this warmth. It is the sun. She stands over you and laughs.

Kindly she warms your body and limbs. And so you lie in the warm sunshine.

You have no pain, no worry. You enjoy the warmth and the peace for a while.

You wake up and get up in no hurry.

Step 5) Moving part

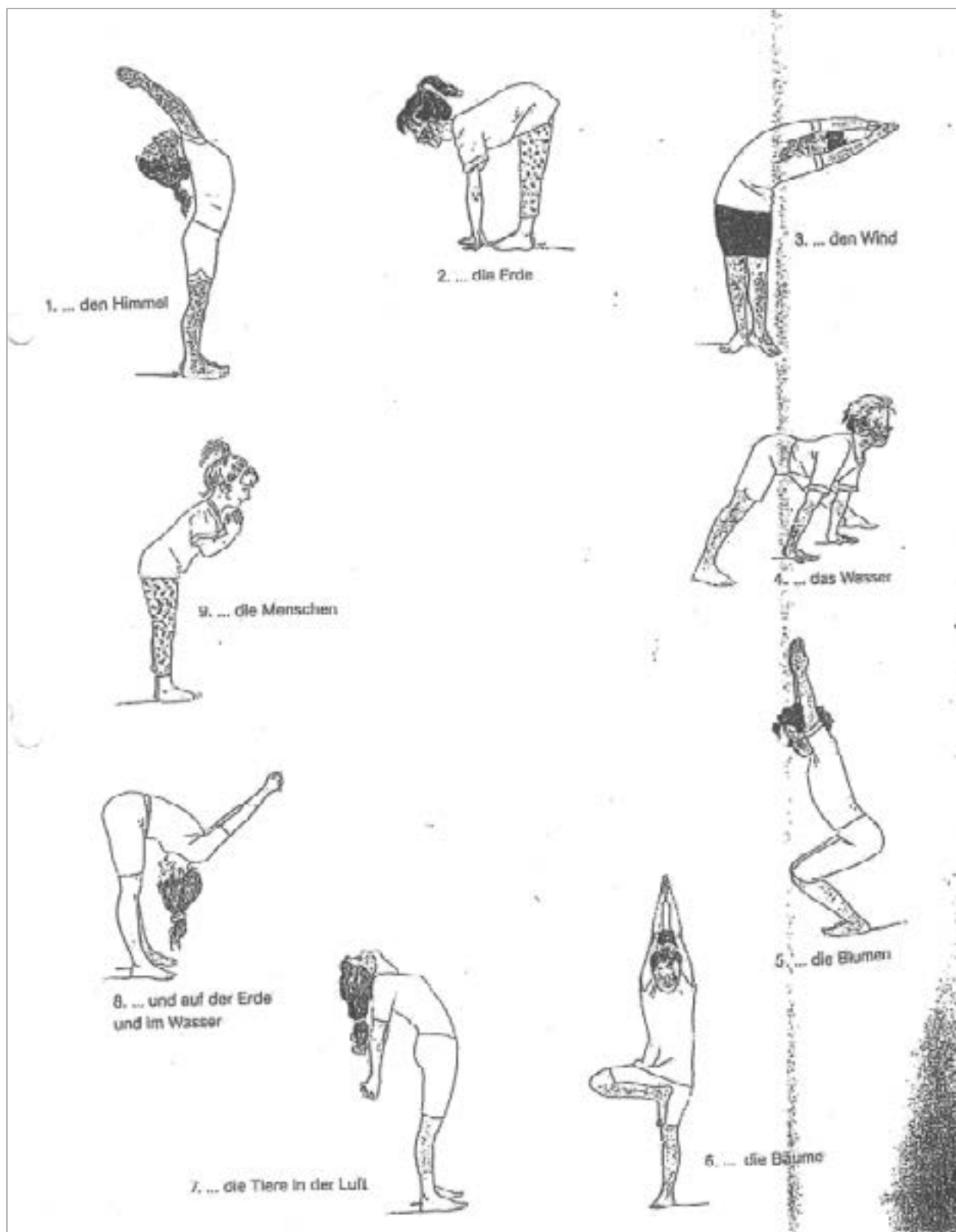
Sun salutation from yoga (see picture for some of the movements to get an idea, what they look like)

- We greet the heaven (hands stretched up)
- we greet the earth (hands on the ground)
- we salute the water
- the rain falling from the sky – indicate “rain” with your fingers in front of the body
- the water in the rivers (indicate the movement of the river with your hands), in the lakes (form small lakes), the water in the seas (imply the vastness of the sea with bigger movements)
- we greet the sun (shape big sun)
- we greet the trees (yoga tree on both sides)
- we greet the flowers (form a flower with your hands and bend your knees slightly with your legs together)
- we greet the wind (legs lightly apart for a firm stand and hands up and gently swing back and forth)

- We greet the animals on land (tapping your feet slightly and / or suggesting looking into the distance)
- we greet the animals in the air (place your hands behind your buttocks and look up or move your arms in flight)
- we greet the animals in the water (legs wide, hands on the ground and “look over the water”, nose up to not dive into the water)
- we greet people around us - you and you and you ... (fold your hands in front of your chest and bow) and I greet myself (hug yourself)

Step 6) Farewell ritual

Briefly review the hour again.· How did you feel?· What could you feel in your body?· Where could you feel it?



CRITICAL ASSESSMENT

OBSERVED BEHAVIOR	YES	NO	COMMENTS
Children engage with the meditation and follow the instructions.			
Children calm down.			
Children are more balanced afterwards.			

Sleep is the best meditation. - Dalai Lama



Teachers' Selfcare tips and hints:

At the beginning of your day, make a decision to be present in what you're doing, whether it's working on a task, eating your lunch, or talking to a coworker. When you find your mind drifting, acknowledge the thoughts you're having, and refocus your attention on what you're doing.