



MY MEDITATION



Introduction:

Now follow these instructions:

Ending: _____



MINDFULNESS & MEDITATION VOCABULARY

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MINDFULNESS & MEDITATION PROMPTS

It is important that we look after our minds in the same way we look after our bodies.

Have you got time to sit and notice what is happening around you and inside you?

Is your breathing slow and steady?

What thoughts fill your mind?

What can you see, hear or feel?

What are you worrying about?

Who could you talk to about your thoughts?

USEFUL VOCABULARY

breathe
mediation
mindfulness
thoughts
clear
mind
aware
conscious

stress
difficulties
challenges

body scan
focus
attention
reflect
visualise

HOW ARE YOU FEELING? - ADJECTIVES

proud open animated bold optimistic
loving sympathetic encouraged
supportive kind clever warm hopeful

tired heavy tearful depressed
hurtful miserable irritated nasty
anxious annoyed resentful nervous

HOW TO MEDITATE - ADVERBS & VERBS

Slowly close your eyes.

Allow your mind to relax.

Gently rotate your shoulders.

Listen carefully to the sounds around you.

Focus on the weight of your body on the chair beneath you.



MINDFULNESS & MEDITATION COMPREHENSION

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WORK IN PAIRS TO READ THE MEDITATION BELOW (OUT LOUD MIGHT HELP). THEN, ANSWER THE QUESTIONS.

Hello. I'm going to lead you through a simple meditation to help you feel calm and relaxed, and ready for your day to continue.

Make sure you are sitting up straight in a comfortable position. Breathe in slowly, right down into your stomach, then breathe out with a sigh. Pause. One more time, this time a little slower and deeper: Breathe in... and then breathe out.

Allow your mind to notice what is happening around you. What can you hear? What can you feel? What is it like for you to be present?

Look at your mind. What is it doing? Notice the thoughts it is having, and allow them to drift gently past you.

Bring a little smile onto your face, and again, breathe in deeply, and out. Feel aware, and feel calm as you practice being mindful and present.

You are now ready to continue your day.

QUESTIONS:

1. How do you think this text should be read out loud? Why?
2. How does the author use punctuation to help you read?
3. What is the author's aim? How do you know?
4. What do you think is the most important point in the text?
5. Which verbs can you spot? Why were they chosen?
6. How did the author try to create a sense of calm?

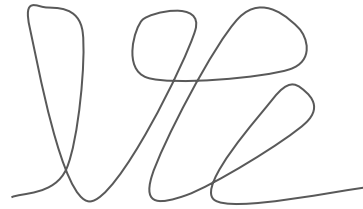
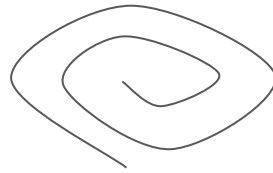


MINDFULNESS & MEDITATION HANDWRITING

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TRACE THE PATTERNS TO WARM UP.



CAREFULLY AND SLOWLY WRITE OUT EACH SENTENCE IN YOUR NEATEST HANDWRITING. FOCUS ON HOW THE PEN OR PENCIL MOVES ACROSS THE PAGE.

Breathe in slowly, right down into your stomach, then breathe out with a sigh.

Breathe in... and then breathe out. Breathe in... and out.

What is happening around you? What can you hear? What can you feel?

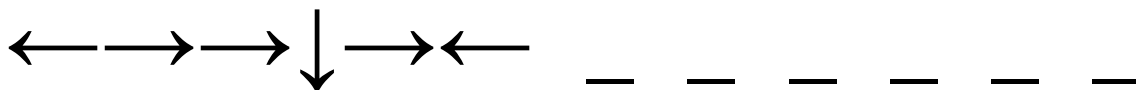
Feel aware, and feel calm, as you practice being mindful and present.



MINDFULNESS & MEDITATION MATHS



TAKE A DEEP BREATH IN, AND OUT. EXAMINE AND CONTINUE THE PATTERNS BELOW:



DESIGN YOUR OWN REPEATING PATTERNS USING THE SPACES BELOW:

1.										
2.										
3.										
4.										

QUESTIONS:

1. Is there more than one way these patterns can be completed? How many can you find?
2. What do you need to know in order to be able to continue a pattern?
3. Which pattern was hardest to complete? Why?
4. How could you use patterns to show someone how to breathe when they are meditating?