

## **Disclaimer**

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# Guided Meditation

## Investigating the Breath

### Adult Information

Meditation is a way in which we can practise being calm and focused on the present moment. Taking a moment to be calm during a busy day can help us to feel relaxed and happy. Taking time to focus on the present can help to settle a busy and racing mind. Mindful meditation can help to keep our mind and body healthy. It can also really help us during times when we are feeling worried, stressed or fearful. Help the children to be mindful, focus on their present experience and investigate their breath as a tool for feeling calm by reading aloud this guided meditation script.

### Guided Meditation Script

#### Introduction

Mindfulness is a practice and discipline that allows us to investigate our experience, to get to know ourselves and our habits.

It is a form of mental training – a sort of gym for the mind – where we train ourselves to be focused, settled and calm.

We learn to pay attention to our thoughts, emotions and physical feelings and see how they shape or affect our mood and behaviour.

To help us focus in meditation, we use something called a mindful anchor. This is just something simple we can focus our attention on.

The mindful anchor we will investigate today is our breath. Our breath is perfect because it is always with us. By focusing on our breath, we can help settle our mind and begin to feel calm.

This is called mindful breathing and it is a practice used all over the world to help people manage uncomfortable feelings and feel better.

Today, we are going to investigate our breath, how it feels to breathe and how the breath helps us to settle and calm our mind and body. We are going to do this by taking part in a guided meditation.

#### Settling

Our breath is amazing. It keeps us alive, brings oxygen into the body and takes away carbon dioxide. But it can do more than this.

Did you know our breath can tell us how we are feeling and that just by focusing on it, our breath can help us to feel calm?

To help investigate our breath, we need to be able to focus and not get too distracted. We need a good sitting position so we feel settled. Make sure you are comfortable. Have a good wriggle and stretch to find a comfortable seated position.

## Main Practice

If you feel happy doing so, close your eyes.

We start by concentrating on our breath.

Where can you feel the sensations of breathing in your body?

Where can you feel it moving? Is it in the stomach? Is it in the chest? Maybe it's in your nose or your mouth.

It doesn't matter where! We just bring our attention to our breath and the sensations of breathing.

As we breathe, we can begin to settle into our sitting position. If you are still uncomfortable, have a last little wriggle to find a more comfortable position. Then, bring the focus back to your breath.

Now, we start to investigate the flow of our breath.

Breathe in and breathe out. How does your breath feel?

Does it flow easily? Is it smooth?

Is there a tightness or a tension?

We don't need to change our breath. We don't need to try and make it calm. We just investigate the sensations as they are.

Breathe in and breathe out. How does your breath feel?

If your mind wanders or if you start daydreaming, that's OK.

Whenever this happens, we simply notice it and start again. We just focus on the next breath.

Is your breath quick?

Is your breath slow?

There is no right or wrong way. Just investigate the flow of your breath.

Breathe in and breathe out. How does your breath feel?

We are now going to have a few moments of silence to simply settle our attention on our breath.

If you daydream, that's OK. When this happens, we simply notice it and refocus our attention on our next breath.

Breathe in and breathe out. Nothing else to do. Nothing to get right. Just focusing on the breath.

(Allow for a period of silence.)

### Close

As you continue to breathe in and out, open your eyes and have a little stretch.

Our breath is always with us. We can breathe mindfully whenever we need to.

This is a useful tool at any time but especially when we are feeling frustrated or unhappy. Practising mindfulness can have a positive impact on how we feel and on our mental health.

Mindfulness is not about getting the right or wrong answers, we just want to see what we think and know.

How are you feeling?

What did you notice?

Can you describe your experience?

