

## Guided Meditation Exploration Weekly Series with Rishita

### Instructions:

Check out this sample lesson plan and activity ideas for inspiration, ideas, and more. Feel free to edit, delete, or highlight to make it your own! These notes are yours to customize. They will not be published anywhere such that you're held to teaching exactly what's here.

### Topics

meditation, destress, peace, relaxation, calm, culture

### Lesson Ideas

Lesson Title

Guided Meditation Exploration Weekly Series

Duration

1 Hour

Lesson Plan

1. Introduction to Meditation (5 minutes)

- Briefly explain what meditation is and its benefits like relaxation, destressing, and finding peace and calm.

2. Cultural Journey (10 minutes)

- Discuss the practice of meditation in different cultures (e.g., Buddhist, Hindu, Western mindfulness).

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## 3. Breathing Techniques (10 minutes)

- Teach and practice simple breathing exercises to help with relaxation and stress reduction.

## 4. Guided Meditation Session (20 minutes)

- Lead the children through a guided meditation focused on calming visuals and positive affirmations.

## 5. Reflection Circle (10 minutes)

- Encourage students to reflect on their feelings during and after meditation.
- Share thoughts and any sensations or imagery they experienced.

## 6. Closing Discussion and Feedback (5 minutes)

- Recap the key points of the session and welcome feedback or questions.

## Materials List

- Yoga mats or comfortable seating cushions
- Relaxing background music
- A small gong or bell to signal the start and end of the meditation
- Visual aids or handouts depicting meditation in different cultures
- A list of simple affirmations for guided meditation

## Adaptations for Different Ages

- For younger children, simplify breathing techniques and shorten meditation time to keep them engaged.
- For older children, incorporate more complex forms of meditation like mantra meditation or visualization techniques.

## Movement Break

- Midway during the session, introduce a 2-minute stretch or gentle yoga poses to help them refocus.

## Bonus Activities

- Create a "Peace Jar": Fill a jar with water and glitter. Shake it up and watch the glitter settle as a metaphor for calming the mind.

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- Art Activity: Have children draw their visualization or feelings post-meditation as a form of expression.

## Series Outline

### **\*\*Week 1: Introduction to Meditation\*\***

- Discuss the history and purpose of meditation.
- Lead a 5-minute guided meditation for beginners.
- Create personal meditation spaces using small mats or blankets.

### **\*\*Week 2: Understanding Stress and The Art of Destress\*\***

- Identify common stressors in daily life.
- Practice a mindfulness breathing exercise.
- Interactive story session about overcoming stress.

### **\*\*Week 3: Finding Personal Peace\*\***

- Create "peace jars" with calming visual elements like colored water and glitter.
- Guided visualization exercise to find an inner place of peace.
- Group discussion on what peace means to each individual.

### **\*\*Week 4: Techniques of Relaxation\*\***

- Yoga session focusing on gentle stretches.
- Listen to calming nature sounds and describe feelings or images in a journal.
- Create relaxation kits with items like stress balls, lavender sachets, etc.

### **\*\*Week 5: Cultivating Calmness\*\***

- Practice progressive muscle relaxation.
- Role-playing scenarios: reacting calmly in various situations.
- Design a "calm corner" in the classroom with soothing activities.

### **\*\*Week 6: Cultural Perspectives on Meditation\*\***

- Explore meditation practices from different cultures (e.g., Tibetan, Zen).
- Watch short videos of global meditation practices.
- Invite a guest to lead a cultural meditation session.

### **\*\*Week 7: Emotional Peace through Meditation\*\***

- Guided meditation focusing on emotional release.

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- Art activity representing emotions felt during meditation.
- Group sharing and supportive conversation about feelings.

## **\*\*Week 8: Music and Meditation\*\***

- Listen to different types of calming music and discuss their effects.
- Kids create their own calming sounds with instruments or voice.
- Meditation with a focus on music as a background.

## **\*\*Week 9: Nature and Meditation\*\***

- Nature walk with guided meditation focusing on surrounding sights and sounds.
- Create collages or drawings inspired by nature.
- Discuss the impact of natural environments on stress levels.

## **\*\*Week 10: Building a Meditation Habit\*\***

- Create a personal meditation plan or schedule.
- Pair up with a buddy to practice meditation together.
- Reflection session: what students learned and how they will incorporate meditation into daily life.

For additional support, reference this [experience outline template](#) which includes tips and prompts to help you develop and lead an excellent Grasshopper Kids experience.

*Note: This lesson plan outline was drafted by Hopper. If you would like to see different results, you can [submit another idea](#), or text us with feedback so we can work to make the algorithm better. We built this tool to help save you time in bringing more kids enrichment experience ideas to life!*

