



Simple Relaxation & Breathing Meditation

Teachers might wish to introduce simple relaxation techniques followed by a short breathing meditation.

Preparation and Atmosphere

- ▶ A reasonably quiet area/room where the class is not likely to be disturbed
- ▶ Although no-one is forced to participate there should always be the possibility of joining in part way through the session.

Teacher's Role

- ▶ To help pupils develop their imaginative powers – setting up experiences to use creative visualisations and giving pupils time for reflection and expression.
- ▶ To teach pupils correct posture and how to become relaxed yet alert – in a stepwise manner.

- ▶ To ensure his/her voice is calm and unhurried.
- ▶ To provide opportunity for individual interpretation of the creative visualisations.
- ▶ To provide time for debriefing, discussing and responding.

Methodology

Each of the stages below take time to develop and each can be made into games and short activities particularly with younger pupils.

- ▶ Pupils need to be taught how to sit upright in an alert yet relaxed posture
- ▶ They need to be taught how to tense and relax different parts of the body
- ▶ They need to be taught how to breathe slowly through the nose

- ▶ Over time concentration will increase. Only then should all the different steps be included
- ▶ Debriefing, discussion and a specific activity follows the experience.

There are some simple steps to follow for the preparatory breathing meditation. Over the page you will find these instructions which can be used in the classroom.