

MEDITATION MOMENT



MEDITATION MOMENT: CALM

TIME

5 - 10 minutes

SEL COMPETENCY

Self-Awareness,
Self-Management

PURPOSE

To practice mindfulness,
stress management, and help
participants identify emotions

ACTIVITY:

Make yourself comfortable sitting down somewhere comfortable such as in a chair, on the couch, or on the floor.

Take three deep breaths, breathing in and blowing it out.

Think about a real situation that is upsetting you a little bit. This can be a situation that is affecting a lot of people, you and a few others, you and someone else, or just you.

Pretend that you can jump out of this situation and look at it from the outside as a scientist, keeping calm and curious when you think of this uncomfortable situation. How does your body feel? Where can you find this feeling in your body? Maybe you feel it in your stomach, throat, or head. It may feel like squeezing or maybe it feels heavy like rocks.

Now we are going to take three more deep breaths. Take a deep breath in and out; imagine letting go of your feeling of discomfort. Take a breath in and blow it out; imagine you are blowing your discomfort out of your body. Take one more breath in and out; imagine the feeling of being upset floating away from your body.

Take a deep breath in, then blow it out... and a deep breath in and out, and one more breath in, and blow it out.

Now slowly count to five and go somewhere to write.

In a journal, or on a scrap piece of paper do a free-write about how you feel about the situation now. It is okay if you still feel upset, but maybe you can more calmly and clearly express your thoughts and feelings. You might keep your writing to yourself, or you might find a way to handle your express your feelings to someone else, in a healthy way, and find a way to move forward.

Reflection: As a scientist, what did you notice about your feeling of discomfort?
How can you cope with the feeling of being upset when it happens to you?