

Breathing and Thinking Guided Meditation

Read the script aloud in a calm, soft, steady voice and maintain a slow pace.

Settling

We are now going to start looking at our experiences more closely. We are going to do a short meditation.

Meditation is a practice, a way of learning to focus and pay attention. We are going to use meditation to help us focus on our breathing and thinking.

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

To help us settle, we need to get into a good sitting position. This is a position where we can stay quite still, so make sure you are comfortable. Have a good wriggle and a stretch to get a comfortable seated position. If you can, try not to slouch. We want to be alert and awake.

Main Practice

Now we start by simply concentrating on the breath.

Just breathe in and just breathe out.

Where can you feel the breath moving? Is it in the stomach? Is it in the chest? Maybe it's at the nose or the mouth. It doesn't matter where it is, just how you feel the breath and where you feel the breath.

Breathe in, breathe out. How does the breath feel?

Is it smooth? Is it slow?

Maybe the breath feels tight? Maybe it's fast?

However, your breathing is OK. We don't need to change the breath, we don't need to try and make it calm.

Breathe in, breathe out. How does the breath feel?

If you get distracted, if you get caught in daydreaming or thinking, then that is OK. We just start again and focus on the next breath.

Breathe in, breathe out. How does the breath feel?

And now just try focusing on the breath in silence for a few moments.

If you daydream, that's OK. Whenever this happens we just notice this and refocus our attention on the next breath.

Allow a few moments of relative silence for the children to concentrate on their breath. You can periodically just repeat the phrase 'breathing in, breathing out' to help maintain focus.

Breathe in, breathe out. Nothing to get right. Just breathing.

You may have noticed that the mind keeps getting distracted. We think a lot. This is OK. If so, each time we notice this we just start again, start with the next in breath.

But there is something we can purposely do to help us not get caught up in these thoughts.

As you breathe, when you notice that the mind has wandered off into thinking, we can do something a little different. We can simply say to ourselves, 'thinking' or 'I'm thinking'. We then come back to the next in breath.

Breathe in, breathe out.

Each time we label the thoughts like this we stop getting caught up in them. We stop letting our thoughts shape our feelings and mood.

So, each time we get distracted, we gently and kindly just stay 'thinking' or 'I'm thinking' before letting go of the thought and coming back to the breath.

All very gently. It doesn't matter how often we are thinking, we can simply label it 'thinking', and come back.

Breathe in, breathe out.

Our minds may be very busy. It's OK. We are just mindful of this and we come back to our next breath.

Breathe in, breathe out. Nothing to strive for. Just resting. Just letting thoughts fade naturally.

Close

And as we continue to breathe, in and out, we can open the eyes, have a little stretch and allow the practice to close.

How are we feeling right now?