

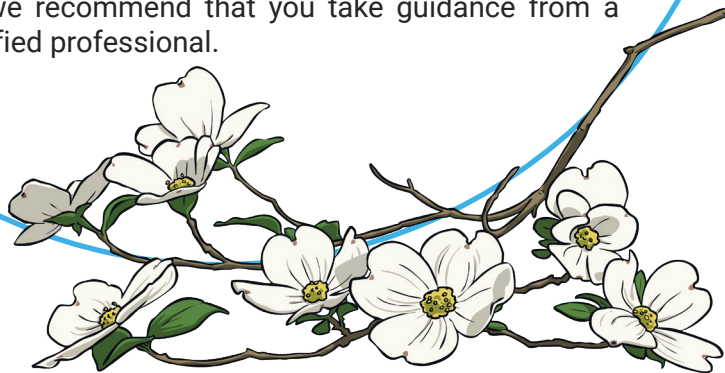
Mindfulness

Body Scan Guided Meditation



Read this script aloud to the child or children with whom you are working.

We hope you find the information on our website and resource useful. The description of any physical activity contained within this resource is intended as a general guide only. It may not fit your specific situation. You should not rely on the resource to be right for your situation. It is your responsibility to decide whether to carry out the activity at all and, if you do, to ensure that the activity is safe for those participating. You are responsible for carrying out proper risk assessments on the activities and for providing appropriate supervision. We are not responsible for the health and safety of your group or environment so, insofar as it is possible under the law, we cannot accept liability for any loss suffered by anyone undertaking any activity or activities referred to or described in this resource. It is also your responsibility to ensure that those participating in the activity are fit enough to do so and that you or the organisation you are organising it for has the relevant insurance to carry out the physical activity. If you are unsure in any way, we recommend that you take guidance from a suitably qualified professional.





Taking a moment to be calm during a busy day can help us to feel relaxed and happy.

Taking time to focus on the sensations in our body can help to settle a busy and racing mind. It can also really help us during times when we are feeling worried, stressed or fearful.

Meditation is a way in which we can practise being calm and still, really noticing what we feel right in the moment. It can help to keep our mind and body healthy.



Settling

Today, our mindful experiment is thinking about our bodies and noticing our physical sensations. There is so much going on that we do not really notice because we do not pay attention to it. So, today, you are going to focus on your body and just think about what sensations you notice.

There is so much to be curious about. You may notice tingling, pulsing or buzzing sensations. Perhaps you notice that your muscles feel relaxed or perhaps they feel tense. You may even notice your heart beating in your chest.



Head and Neck – Full Body

Letting go of the arms and torso, let's shift the focus to our head. Perhaps you notice your head in contact with the floor? Is it comfortable or uncomfortable? Can you focus on the top of your head? Sometimes we notice a prickly sensation on the scalp when we focus on it. Is that what it's like for you? Or is it different? Remember, there is no right way to feel!

Can you feel your forehead? Are you frowning? If so, can you allow your forehead to relax? Can you feel your eyes resting in their sockets? Do they feel sleepy? Is there a tingling? Next, focus on your nose, your cheeks and your jaw. Are you clenching your teeth? If so, can you soften and relax your jaw?

Finally, bring focus back to your whole body as it rests and breathes. Just lie still for a few more moments, resting – there is no right or wrong and nothing to change or fix.

Now open your eyes and have a stretch. Slowly and carefully get up off the floor and allow the practice to end.

Well done for taking a mindful moment in your busy day! How do you feel?

Torso - Arms

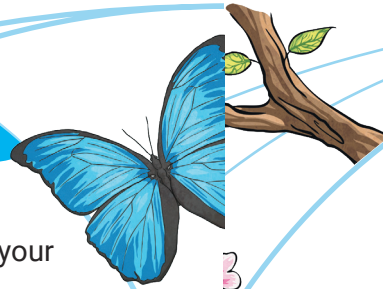
We can let go of the legs now. We focus instead on your torso which is your chest, belly and back.

Can you feel your belly rise and fall as you breathe? Can you feel your ribs moving? It feels as if they get bigger and tighter as you breathe in and smaller and more relaxed as you breathe out.

Can you feel your back rested on the floor and your shoulders touching the floor? There may be lots of different sensations in your belly, back and chest, such as areas of tightness and areas that feel relaxed. There may be tingling and prickly sensations or perhaps warm or cool areas. You may even be able to feel your heart beating.

It might be interesting to just notice how much activity there is in your body as you rest.

Now, gently let go of the belly and back and chest. Just shift focus to your hands, right into the fingertips. Do you feel a pulse or tingling sensation in your fingers? Can you feel where they are rested on the floor? Can you feel the muscles in your forearms and your upper arms? Are they rested and relaxed or are your muscles tensed? If so, can you soften the muscles and allow them to rest naturally?



Main Practice



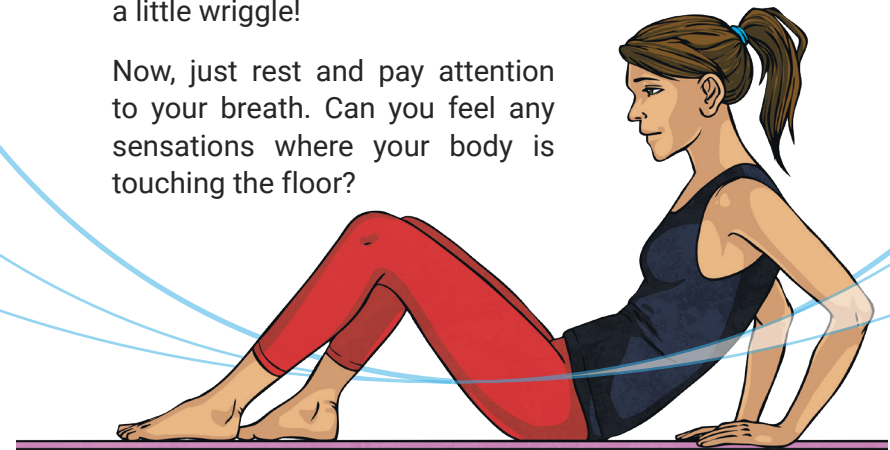
Find a space where you can lie down on your back. Make sure that you are comfortable and that your back is properly supported. You can have your legs flat on the floor or you can bend your knees to make a triangle or mountain shape, with your knees pointing towards the ceiling and your feet flat on the floor. Just make sure you are comfortable.

Now, if you want to, you can close your eyes. However, if you prefer, you can keep your eyes open. Maybe you can just gaze at a spot on the ceiling.

Can you feel your breath in your body? Where can you feel it? Focus on the sensations of the breath. Perhaps you can also feel the parts of your body that are touching the floor? Do you need to move a bit to be more comfortable? Go ahead and get comfortable!

During this mindfulness practice, you may begin to feel a little sleepy. That's OK, but we don't want you to fall asleep. If you notice yourself drifting off, just open your eyes or have a little wriggle!

Now, just rest and pay attention to your breath. Can you feel any sensations where your body is touching the floor?



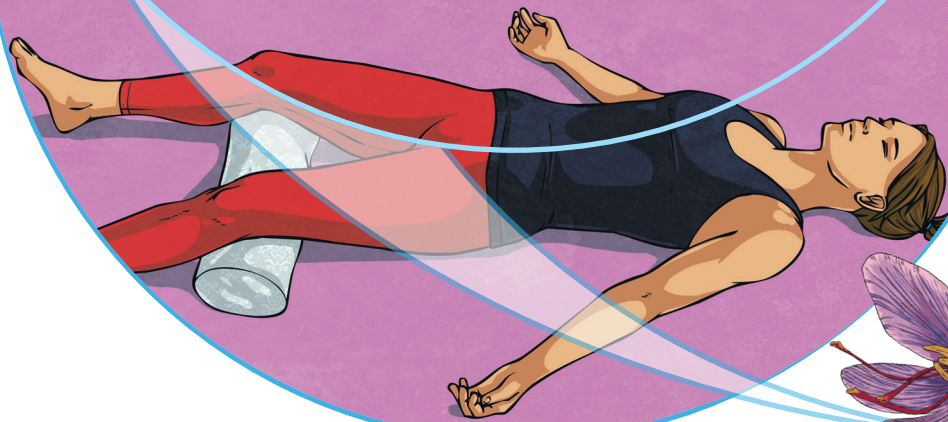
Feet – Hips

We are going to start shifting our focus to different parts of the body. We are going to pay close attention to any sensations or feelings in each body part.

We'll start by focusing on our feet. What sensations can you feel? Perhaps there is a tingly sensation? Is there a pulsing or a prickly feeling? Can you feel your heels in contact with the floor?

Sometimes, we don't feel any sensations, almost as if our feet weren't there! That's OK, it's just something you've noticed.

Now, we move our focus to the lower legs. Perhaps you can feel the calf muscle resting on the floor. Is the muscle tight or relaxed? Can you feel the shin bone? Perhaps you can feel your clothing resting against it?



OK, now we shift our focus again – this time to your knees. Take a moment just to notice if you are still concentrating. Has your mind wandered? Are you daydreaming? Perhaps you feel a little restless. That's OK, nothing has gone wrong. As soon as you notice your mind has wandered, just focus your attention again.

Can you feel the hard kneecap on top of your knees? Can you feel the soft underside of your knee? This may be a part of your leg you have never really thought about before. Does this part of your leg feel rested? Restless? Tense or relaxed?

Now, we move to the upper legs. Maybe you first notice the muscles in the backs of your legs in contact with the floor. Is there a feeling of weight, heaviness or pressure? Maybe you notice a pulsing feeling? Sometimes, there's a rushing, restless feeling. Perhaps your legs feel relaxed. Remember, there is no right or wrong way to feel. We are just noticing what our bodies are doing.