

Meditation Time

BODY SCAN

Introduction

How to help your child with the body scan:

- A** First of all, put your mobile phone in another room or if you use the phone for the audio, turn off all other sounds and notifications.
- B** Once the audio begins and the child has found a comfortable position, you will gently place your hand or hands on the part of their body that is called out.
- C** You may want to translate some of the concepts, but keep the talking to a minimum and speak quietly.

1 Presentation

Hello family! How are you feeling today? Let's relax together! First, get comfortable! Let's lie on the floor. Are you comfortable? Now close your eyes. How do they feel? Try to make your eyes feel soft, relaxed. Ahhh...

2 Warm-up

First, let's breathe together. Put your hands on your belly. We breathe in – your hands go up! We breathe out – your hands go down. Can you feel the movement? Another big breath in and out.

3 Body scan

Now we begin our body scan. The body scan is a fun exercise that helps us to feel good. The more we repeat it, the better we feel. Start with the feet. One foot, two feet. Let your feet be still. Let your feet be heavy. Do your feet feel heavy now? Move slowly up your legs. One leg, two legs. Feel the floor under your legs. Let's stop at your knees. Do your knees want to move? Try to keep them still. Try to keep them soft. Relaxed. Let's go to your belly. Do you feel your belly moving up and down? It's not easy to pay attention to the parts of your body, but that's okay. Just try. Now, your hands. One hand, two hands.

Are your fingers on the floor? Don't look; just feel. Your helper's hands lie on top of your hands now. Together our hands get heavy. Good. Now feel from your hands up both of your arms, past your elbows, to your shoulders. Pay attention to the feeling in your shoulders. Do your shoulders feel hard? Do your shoulders feel soft? Let's try to make them soft. Your helper puts one hand gently on your head. Can you feel all five fingers on top of your head? Let's count – 1, 2, 3, 4, 5 fingers. Now pay attention to your mouth. Are you smiling? Smile! Good. How does that feel? Now relax your mouth and return to your eyes. Keep your eyes closed and still, if you can. We are almost finished now. Slowly move your fingers and toes and open your eyes. Hello! One more big breath together. Thank you for doing the body scan! Bye, bye!