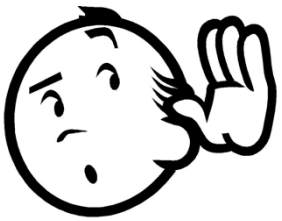
Guided meditation using sound

We make ourselves very comfortable.

Now we are going to do an exercise: listening to different sounds.



First, we take a moment to listen to any sounds we can hear outside the room. *(pause)*

Then we listen to any sounds we can hear inside the room. *(pause)*

Finally, we listen to any sounds that we can hear inside our body. *(pause)*

Reflection

Which sounds did you hear?

Let children describe all the sounds they heard.

Now ask children to choose one sound and to only focus on this one sound.

We now focus on the sound we have chosen.

If our mind drifts off, that's no problem, we just notice that we are distracted and come back to listening to the sound we are focusing on.

Note for the teacher:

As an alternative, you can use the sound of a gong or bell and ask the children to focus on the sound until it completely fades away.