

Meditation Practices



Body Work

1. Body Tapping :

Purpose of body tapping:

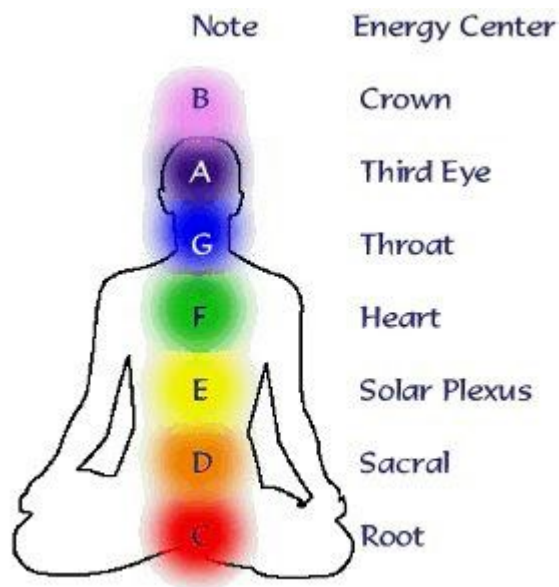
- to wake up the body
- heighten awareness of it
- work on kinaesthetic aspect/cross lateral
- to put energy/feeling in to the body

Techniques:

- tapping outside of the feet on the floor
- tapping inside of the feet on the floor
- tapping soles of the feet on the floor
- tapping heels of feet on the floor
- tapping up the inside of the arm
- tapping up the outside of the arm
- tapping up the inside of the leg

- tapping up the outside of the leg
- tapping across the chest area
- tapping all around the head
- tapping all around the face
- crossing over the hands and tapping
- tapping on the chakra areas

Chakras



Invite the children to tap with awareness

Invite them to put a feeling in as they are tapping

Shaking



Purpose of shaking:

- to wake the body up
- to loosen and relax the body
- to release tension , stiffness and blockages
- to bring the children into their bodies
- to strengthen the body
- to increase co-ordination

Technique:

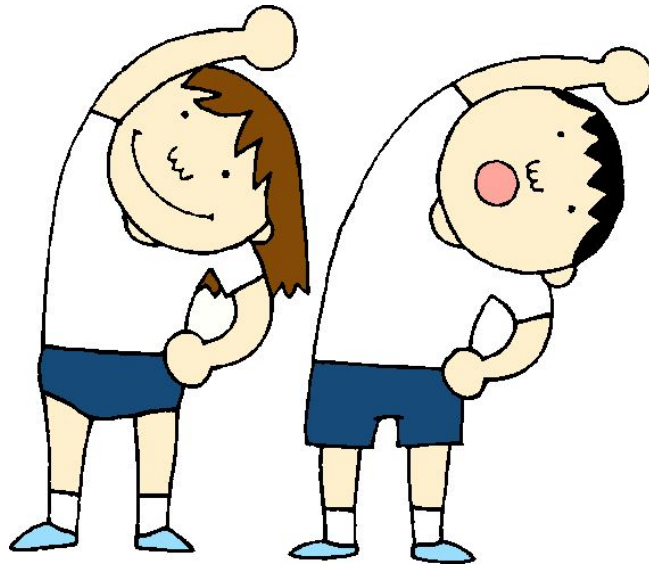
Invite the children to stand with their knees bent and begin to gently shake up and down using a gentle bouncing movement. Encourage them to keep their arms and hands loose and floppy as if shaking out the energy there.

- Shake leaning towards the left/right
- Make circles with your hips while shaking in a clockwise direction
- Make circles with your hips while shaking in an anti- clockwise direction
- Shake with your hands above your head
- Shake with your arms stretched out wide
- Shake leaning forwards/backwards
- Breathing in a 'panting' way as they shake

Then stop and feel in to your body, close your eyes breathe and feel in to your body.

Shaking is great to do anytime the children need to release 'hyper' energy or indeed to wake them up if their energy is low.

Stretching



Purpose of stretching:

- To release locked tension and pain
- To increase flexibility
- To increase co-ordination
- To build strength
- To wake the body up

Technique:

Invite the children to stretch in all different ways

- Side to side
- Arms front and back
- Using opposite arms - one up one down
- Stretching leaning forward
- Stretching leaning backwards
- Stretching from the hips flopping forward
- Stretching the neck etc.

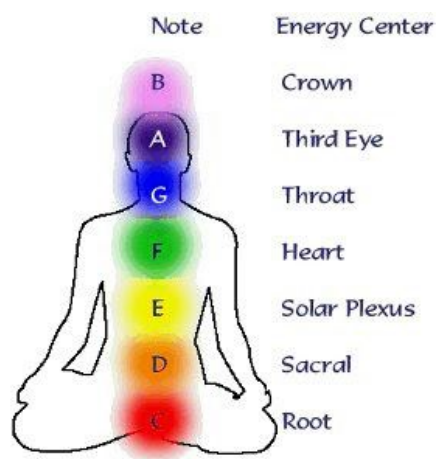
Body Circles



Body Circles: i.e. placing one hand over the other and pressing in on the body making circular clockwise and anti-clockwise movements.

Purpose:

- To bring awareness to different parts of the body - chakras
- To activate the different body energy centres (chakras)
- To release tension, blockages and pain.



Technique:

Invite the children to place one hand over the other and gently press into the body making a circular movement starting at the base chakra

Chakra 1 Base : this is where you steady yourself, where see if you are shaky or not grounded. Breathe and as you breathe and make circles here focus on bring the breath in to this part of your body

Chakra 2 Sacral :

This is where you dream and create . Breathe and as you breathe and make circles here focus on bring the breath in to this part of your body

Chakra 3 Solar Plexus:

This is where you know. You know how you are, how you feel, what you take in and what you let go of. Breathe and as you breathe and make circles here focus on bring the breath in to this part of your body.

Chakra 4 Heart:

This is where you know love. . Breathe and as you breathe and make circles here focus on bring the breath in to this part of your body

Chakra 5 Throat:

This is where you express, communicate and explain. . Breathe and as you breathe and make circles here focus on bring the breath in to this part of your body

Chakra 6 Third eye:

This is where you imagine and visualize. What can you see when you close your eyes and focus here. . Breathe and as you breathe and make circles here focus on bring the breath in to this part of your body.

Chakra 7 Crown:

This is where you communicate with spirit. Breathe and as you breathe and make circles here focus on bring the breath in to this part of your body.

You can alter this practice to suit the age group you are working with. As you are guiding the children you can feel in to what feels appropriate and allow what comes to you to say to be expressed.

This exercise can be useful for you to do as a daily practice to draw you in to an awareness of each of the chakras before you set forth into the world! A useful

scan that tells you where you are at on a given moment and can help you to bring balance to those areas that are out of kilter.

Breathing



Different breathing techniques can be used for different purposes -

- to heighten awareness of physical, mental and emotional state
- to calm, relax and soothe
- to bring the attention inwards
- to release blocked energies and emotions
- to release challenging feelings and invite in more 'positive' ones
- to increase concentration
- to develop an ability to sustain focus and attention
- to improve general health and create a feeling of well being
- to develop an ability to be present
- to develop a sense of witness
- to massage on the inside

Techniques:

- 20 connected breaths i.e inhaling and exhaling 4 times and on the 5th inhale bring the breath over your head as you would for a sigh. This can be done in patterns of 4 plus one sigh for 5, 10, 15 or 20 breaths
- Breathing in good feelings, breathing out bad feelings
- Breathing while moving the arms in different ways -up/down/out/in - this exercise has an opening effect on the body.
- Breathing with eyes closed, fingers on the forehead, thumbs in the ears so as to create a strong experience of the sound of the breath - can hum along also to increase vibrational experience.

- Bunny rabbit breathing - breathing in as you take the bunny rabbit up each finger and breath out as you go down each finger.



Purpose of using sound in meditation:

- To create an awareness of the effect of vibration on the body
- To activate the different energy centres (chakras) through sound
- To hold a vibration within - humming - thus massaging on the inside
- To offer the children a focus that facilitates their going inwards

Techniques:

- Humming while meditating
- Humming through the chakras while making circles or breathing
- Chimes and bowls - allowing the sound to course through the body to see what it resonates with or activates
- Experiment with different instrumental sounds and their effect on the body, mind and emotions.
- Experiment with environmental sounds and their effect during meditation

Planning Grid for a Meditation Programme with children

Date:	Class	Teacher:	
Week	Technique	Resources/Setting	Observations
Week 1			
Week 2			
Week 3			
Week 4			

Week 5			
Week 6			