



# MEDITATE AND REFLECT

## PREPARATION

- A** Download and print copies of the “Meditation Questions” worksheet for each student in your class.
- B** Provide students with pencils, markers or crayons.
- C** Pro tip: You can use music from the ClassDojo toolkit!



## ACTIVITY

- 1** Start the activity by reflecting with your class.
  - What does it mean to mediate?
  - How can we ensure we are calm and can meditate appropriately?
- 2** Set the stage.
  - Inform students that as they mediate, they will need to focus on their body and senses. Tune into how they feel as they are meditating.
- 3** After the meditation.
  - Complete the worksheet and discuss with the class.



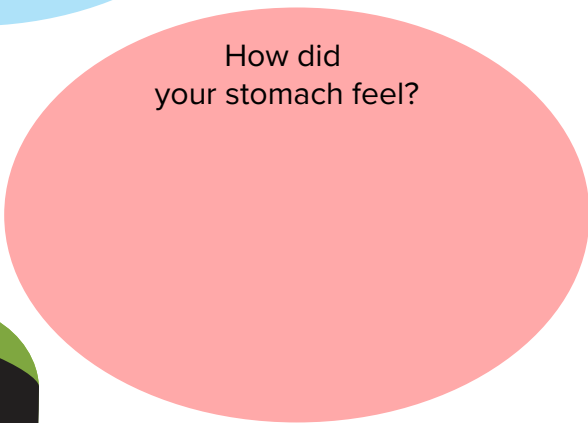
# MEDITATE AND REFLECT

## DIRECTIONS

Take 5 minutes to calm your body and meditate.

Pay attention to how you feel - from your head to your toes.

Relax and take a deep breath.



- Did you feel calm? Why or why not?

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- What is another way you like to calm yourself / get rid of stress?

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Name: -----

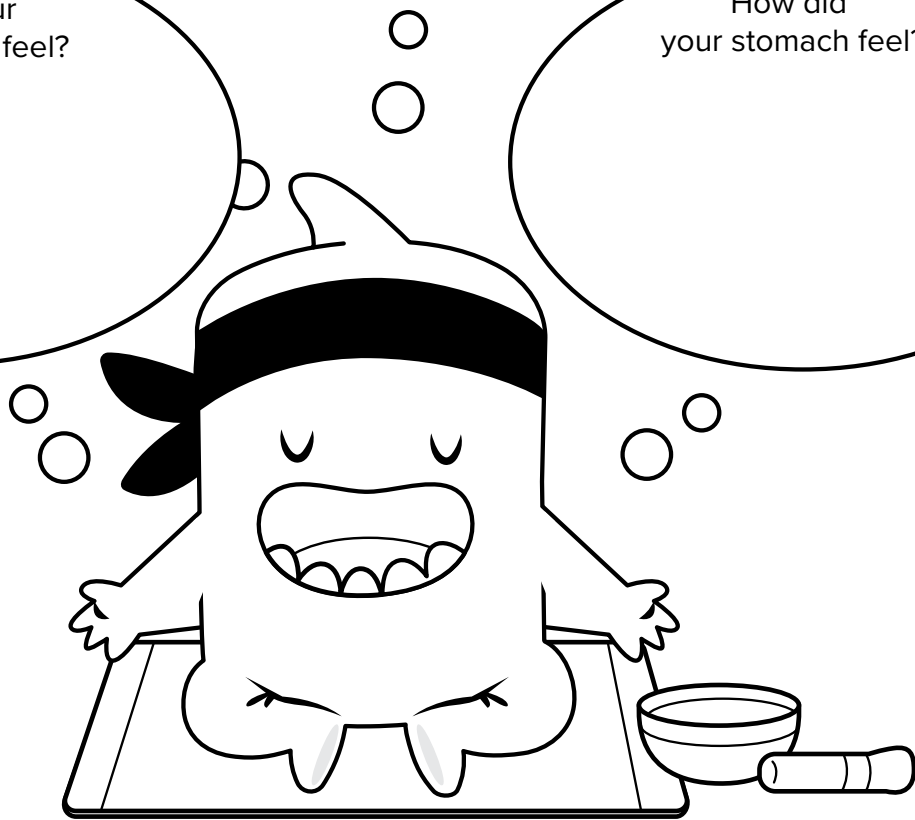
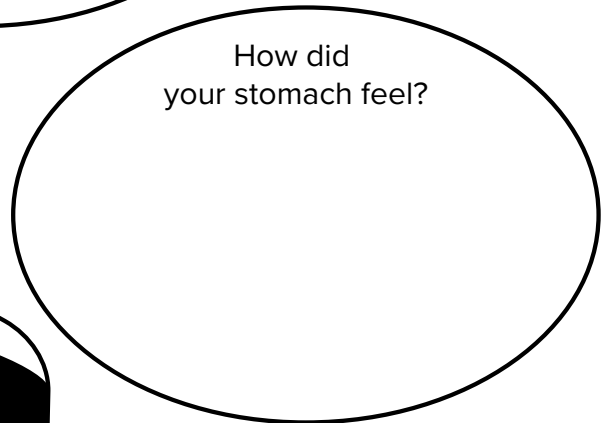
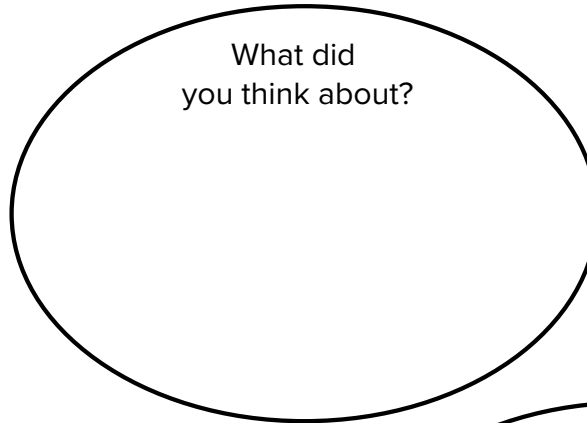
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