



Students practice meditation in motion as they walk and focus on their “BREATH”, the present moment, and their five senses.



None.

Total Prep Time: 0 mins.



As this is the third Monday of the month, please consider sharing or re-sharing the Monthly Kick-Off activity, and if appropriate, video at [www.everymondaymatters.org](http://www.everymondaymatters.org). Additionally, a three-minute recap of the previous weeks may add extra context to this week and help connect the dots around the monthly theme.

4 C's		SOCIAL & EMOTIONAL LEARNING		SERVICE LEARNING	
•	Critical thinking	•	Self-awareness		Integrated learning
	Communication	•	Self-management		High quality service
	Collaboration	•	Social-awareness		Collaboration
•	Creativity		Relationship skills		Student voice
		•	Responsible decision-making		Civic responsibility
					Reflection
					Evaluation

## GOALS FOR THE WEEK

- Practice turning off our thoughts to simply see, feel, and hear the present moment
- Identify opportunities to pause, “BREATHE”, and respond constructively to challenging situations
- Discover how focusing on our “BREATH” helps both our minds and bodies feel happier and healthier
- Understand how “TAKING A BREATH” is an important part of this month’s theme “MONDAY GETS BALANCED”



## **STUDENT ACTIVITY:** **“MEDITATION IN MOTION”**

- 1) SHARE THE NAME OF THIS ACTIVITY WITH STUDENTS: “MEDITATION IN MOTION”**
- 2) ASK 1-3 QUESTIONS FROM THE LIST BELOW TO WARM STUDENTS UP ON THE ACTIVITY’S FOCUS:**

**\*NOTE:** *Choose questions appropriate to your students' ages, grades, ability levels, and classroom goals. Students may share their answers in pairs, small groups, or as a large group.*

- **What does it mean to “MEDITATE”?**

- Answer: To concentrate on one’s breathing or a certain sensation

- **Have you ever “MEDITATED” before?**

- If so, what was that like?
- If not, would you like to?

- **What comes to mind when you think of “MEDITATION”?**

- **What are some things that you do when you “MEDITATE”?**

- Do you sit or lay with your eyes closed?
- Or, can you do other things while you’re “MEDITATING”?

- **Have you ever walked around while “MEDITATING”?**

- How might that be a different experience than a sitting “MEDITATION”?
- Do you think it would be more challenging? Why or why not?

- **How might walking while “MEDITATING” be a way to focus on your “BREATH”?**

- **Do you think “MEDITATING” while “IN MOTION” might be a way to help you “GET BALANCED”?**

- How so?

- **How might “MEDITATION IN MOTION” connect you to how much YOU MATTER?**

- 3) SET UP THE “MEDITATION IN MOTION” ACTIVITY:**

- **Explain:**

- “MEDITATION” has many great benefits, like lower stress, more happiness and contentment, and greater peace of mind
- Many people “MEDITATE” while sitting or staying still with their eyes closed, concentrating on their “BREATHING”
- While that is a common way to practice “MEDITATION”, it’s not the only way
- There is a type of “MEDITATION” where you walk from place to place, focusing not just on your “BREATH”, but also on your five senses
- This allows you to get present and practice “BALANCE” in an everyday activity
- Today, we’re going to practice “MEDITATION IN MOTION”

- **Ask:**

- Are you looking forward to focusing on your “BREATH”, your “MOTION”, and your senses today?
- How do you think this exercise will help you pause and “TAKE A BREATH” from your everyday life?

- 4) START THE “MEDITATION IN MOTION” ACTIVITY:**

- **Note: Before beginning the activity, choose a location for your “MEDITATION IN MOTION” walk. You can walk inside or outside, anywhere that is safe and permissible for students to be**

- **Explain:**

- Today, we are going to practice “MEDITATION IN MOTION” while walking around the school
- Instead of walking around as you normally would, you are going to practice being present as you walk
- Being present means being aware of the present moment by simply observing what’s around you without actively thinking about what you see
- Instead, simply notice your “BREATH” and your five senses (what you see, feel, hear, smell, and taste)

- **Let students ask any questions about what it means to “MEDITATE IN MOTION”**

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- Then, instruct students to follow you silently as you walk around the school
  - As you walk, remind students to turn off their thoughts about the past, present, or future, and to simply observe or be aware of their “BREATH” and five senses without forming thoughts about what they see, feel, hear, and smell
  - Allow up to 10 minutes to walk around the school as you “MEDITATE IN MOTION” with students
  - When time is up, return to the classroom
  - Remind students that “MEDITATION IN MOTION” is a great way to “TAKE A BREATH” and “GET BALANCED” in any free moment of their day, such as when they are walking to school, waiting in line, brushing their teeth, and more

**5) AFTER THE ACTIVITY, ASK 1-3 OF THE FOLLOWING QUESTIONS TO HELP STUDENTS REFLECT ON WHAT THEY’VE ACCOMPLISHED AND HOW THEY CAN TAKE THIS FORWARD:**

**\*NOTE:** *Choose questions appropriate to your students’ ages, grades, ability levels, and classroom goals. Students may share their answers in pairs, small groups, or as a large group.*

- What was your favorite thing about our “MEDITATION IN MOTION” activity?
- What did you notice about “MEDITATING” while “IN MOTION” today?
- Did you find it easy to focus on your “BREATH”?
- Was it challenging to not think about the things you observed while walking?
- Did practicing “MEDITATION IN MOTION” help you “TAKE A BREATH”?
- Why or why not?
- Did our “MEDITATION IN MOTION” help you better understand how you can “TAKE A BREATH” during some of your everyday activities?
- How can you “MEDITATE IN MOTION” going forward?
- What are some activities you could “MEDITATE” while doing?
- How can you use what you learned today to “TAKE A BREATH” in the future?
- Would you like to make “MEDITATION IN MOTION” part of your daily life?
- How can practicing “MEDITATION IN MOTION” regularly make you more peaceful and “BALANCED”?
- How can “MEDITATING IN MOTION” help you “GET BALANCED”?

**6) THANK STUDENTS FOR “MEDITATING IN MOTION” TODAY AND FOR SHARING THEIR REFLECTIONS WITH THE CLASS. REMIND STUDENTS THAT THERE’S A REASON WHY MEDITATION IS SO HELPFUL TO SO MANY, AND CHALLENGE THEM TO TUNE INTO THEIR PRESENT MOMENT TO GET A BETTER IDEA OF HOW THEY’RE FEELING MORE OFTEN.**

**7) CHECK IN WITH STUDENTS ON ANY PLANS THEY HAVE TO “MEDITATE” ON THEIR “BREATH” THIS WEEK AS THEY DISCOVER JUST HOW IMPORTANT IT IS TO “BALANCE” THEIR LIFE THROUGH “BREATHING”.**

**8) CONTINUE EXPLORING HOW TO “TAKE A BREATH” BY LEADING ONE OR MORE OF THE FOLLOWING EXTENSION IDEAS.**



## EXTENSION IDEAS:

**DO ONE OR MORE OF THESE EXTENSION IDEAS TO BRING THE LESSON FROM 15 MINUTES TO 30 MINUTES OR MORE.**

- 1) Focus on Your Feet:** Guide students on a walking “MEDITATION” around school (inside or outside) and instruct them to focus solely on how their feet feel as they move through space and touch the ground. In this “MEDITATION”, the sensation of the feet can replace focusing on the “BREATH”.
- 2) Positive Visualization:** Instruct students to sit and visualize a stressful situation in their life, and have them practice visualizing the best-case scenario by imagining specific details of the situation playing out unbelievably well.
- 3) Daily Practice:** Have students write out a “MEDITATION” mantra or simple instructions for a positive visualization on a small index card. Encourage them to set an alarm or daily reminder to “MEDITATE” for at least 5 minutes every day.
- 4) Mindful Eating:** Provide a small treat (cookie, cupcake, fruit, etc.) and instruct students to practice mindful eating by giving their undivided attention to the sight, feel, scent, taste, and sound of their food.

**“MEDITATION IS TO BE AWARE OF EVERY THOUGHT AND OF EVERY FEELING, NEVER TO SAY IT IS RIGHT OR WRONG, BUT JUST TO WATCH IT AND MOVE WITH IT.”**

**- JIDDU KRISHNAMURTI**