

Meditation

SCRIPTS



Project T-WELL-S: "Tools for well-being at school for children, teachers, and families"

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GUIDED MEDITATION

Guided meditation for children is a practice in which children are led by a voice or instructions to relax, imagine and focus attention on their breathing, body sensations or metaphorical scenarios and stories.

This form of meditation is adapted to children's abilities and understanding, using simple language, visualisation techniques and playful elements. It is important to adapt guided meditation for the age range of children, making it fun and engaging. Many resources, such as books, apps and videos, are available to assist in this process, offering a variety of techniques and stories suitable for children.



Manage emotions

Guided meditation allows children to connect with their emotions, developing greater emotional awareness and the ability to deal with complex feelings such as anger, sadness or frustration.



Empathy

By cultivating mindfulness and inner calm, children can also develop a greater understanding and empathy for others, promoting compassion and respect for differences.



Calm down

Guided meditation helps children calm their troubled minds, relax their bodies and reduce stress and anxiety.



Sleep

Guided meditation can help children relax before bedtime, reducing mental agitation and promoting a more peaceful and restful sleep.



Focus and attention

Guided meditation practice helps children develop concentration and mindfulness skills, which can benefit their academic performance and learning skills.



Resilience

By teaching children to observe their thoughts and emotions without judgement, guided meditation can help them develop resilience and self-compassion skills, making them better able to cope with challenges and setbacks.





Meditation

Managing pain; Relax;
Dealing with unpleasant
feelings; Train focus;
Anchor at the present
time

BODY SCAN

Lie on your stomach with your arms alongside your body. Feel the floor against your back. Your body feels calm, safe and relaxed.

Breathe calmly. Feel the air going in and out through your nose. Feel the air going in... out... in... out... in... out...

Slowly your whole body will begin to become calmer and more relaxed, your body will become softer. Now pay attention to your body, one part of your body at a time. You are going to listen to my instructions, and pay attention to your body. Just observe, without speaking. Pay attention to your feet, your skin, your fingers... What are they telling you? Are they relaxed or tired?

Put your attention on your ankles, on your lower legs, feel the muscles, the blood, the skin... what are they saying? Is there a message?

Now move on to the knees, the thighs... is there a message? Any request?

Shift your attention to your stomach. This part of the body gives a lot of information: hunger, nerves, stress... Is it warning you of something? How are you feeling?

Now move on to your chest, heart... Feel your heart beating... Feel your lungs breathing... What do you feel?

Now your hands, are they calm? Do you feel the ground? Heat or cold?

Focus your attention on the arms, muscles, skin...

Now the shoulders, neck and back. Here are many of our emotions... what do you feel? What messages do they give you?

Now the face... what expression do you have? Is it relaxed? And your tongue? Try smiling, how do you feel?

Direct your attention to your head, to your brain... What thoughts appear? Now feel your whole body, from the tip of your toes to the tip of your head... What do you feel?

When you hear the bell, slowly sit up, with your eyes closed and when you feel ready open your eyes and stretch!



To think about

How did you feel your body? Do you usually pay attention to your body like this? What was different? In your opinion, is it important to pay attention to your body? Why do you think so?



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Meditation

Reduce anxiety; Increase concentration; Relax; Dealing with unpleasant feelings; Train focus; Anchor at the present time

PLASTICINE

Lie on your stomach with your arms alongside your body. Feel the floor against your back. Your body feels calm, safe and relaxed.

Breathe calmly. Feel the air going in and out through your nose. Feel the air going in... out... in... out... in... out...

Imagine that your body is a hard plasticine. Now imagine that someone has been kneading your body and you feel relaxed, soft... Let's try one part of the body at a time.

Contract your right foot, push hard, now relax and feel the soft foot. Now the left foot, push, and relax.

The right leg... push and relax. Left leg... push and relax.

The belly... push, feel the tension and relax.

The back... push and feel the tension... and relax.

The right hand... push and feel the tension... and relax. The left hand... push and feel the tension... and relax.

The right arm... push and feel the tension... and relaxes. The left arm... push and feel the tension... and relax.

The shoulders... push and feel the tension... and relax.

The face... push and feel the tension... and relax.

The whole body at the same time... push and feel the tension... and relax.

Now relax your feet, your legs, your stomach, your back, your hands, your arms, your head... Your whole body becomes calm, tranquil and relaxed.

When you hear the bell, slowly sit up, with your eyes closed and when you feel ready open your eyes and stretch!

How did you feel your body? Could you feel the difference between being tense and relaxed? How did you feel most comfortable? Why or why not?



To think about



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Meditation

Increase concentration;
Calm thoughts; Increase
patience; Managing
impulsivity; Train focus;
Anchor at the present
time

IN AND OUT

Sit comfortably. Focus on three breaths, without wanting to change them.

What do you see furthest away from you? Go on looking closer, without moving your head, what do you see closest to you? Now close your eyes, what can you see? Perhaps some light entering between your lashes, perhaps just darkness.

You will hear a sound, until it disappears. When you can't hear anything else, raise your hand. [With a Tibetan bowl, rain stick or bell, the facilitator produces a sound that slowly subsides until it disappears].

Now direct your attention to the sounds that are far away from you. Now sounds closer to you. Now sounds inside you, you may hear nothing, or you may hear the sound of your breath, your heart.

Now direct your attention towards the tastes you feel in your mouth. Turn your attention to what you feel outside your body, it may be the floor against your buttocks, the air...

Now concentrate on what you feel inside you, it could be your body breathing, the blood rushing through your veins, your heart beating...

Feel your breathing for a few moments.

Slowly move your body, open your eyes and if you want you can stretch!



To think about

What have you discovered about your senses? Do you usually pay attention to them in this way? How is this different from your usual experience? In your opinion, what can paying attention to the senses be useful for?



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Meditation

Calm thoughts; Increase happiness; Increase self-esteem; Increase self-confidence; Increase gratitude; Develop self-motivation

I LIKE MYSELF THIS WAY



To think about

Choose a quiet place, sit on the floor or on a chair. If you are on the chair, remember to keep your back apart and place both feet flat on the floor.

Feel the air go in and out through your nose, without trying to control it, just observe, direct your attention to your breathing. Feel the air go in... out... in... out... in... out...

As you breathe out your body becomes calm and relaxed. I am going to count down and when I reach zero your body will feel calm, relaxed and peaceful. 10 you feel relaxed, 9 your body is deeply relaxed, 8, 7, deeper, 6,5 calmer, 4,3 deeper, 2, 1 and at zero your body is calm, relaxed and peaceful, in a state of deep relaxation.

Feel your breathing again and inhale slowly, becoming aware of your breathing. Feel your rib cage expanding, your diaphragm, your abdominal region. Hold your breath for a few seconds and then breathe out, slowly releasing the air through your mouth. Feel your breathing deeply, focus your attention inside, allowing the affirmations to become and remain anchored in your mind.

Think of a friend you really like, think of a time when you felt happy and comfortable around that person. Think about how much you like this person and the qualities they have.

Now think about your best friend, the wonderful person who is always there for you, in good times and bad... that person is you! Remember that you are your best friend, you are the person you spend the most time with!

Repeat mentally:

I am special

I am unique

I am important

I am me!

I like myself as I am

Have you ever thought that you are your best friend? What do you think about that? How did you feel about it? How is this different from your usual experience?



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Meditation

Increase happiness;
Increase empathy;
Increase acceptance;
Training non-judgment

METTA

Sit comfortably on the floor or on a chair.
Breathe in and out through your nose.
Feel the air passing through your nostrils and entering your lungs.
Now I invite you to close your eyes.
Breathe in and out deeply again.
Think of the person you love most in the world. Think of how this love is strong, pure and demands nothing in return.

Let yourself be invaded by the unconditional love and purity of that moment.

Repeat this to this person:

May you be free of pain and suffering, may you live in peace and love.

Now think of a friend of yours and repeat:

May you be free from pain and suffering, may you live in peace and love.

Now think of someone with whom you have some conflict and repeat:

May you be free from pain and suffering, may you live in peace and love.

Transport that love to yourself, think of yourself in how you can feel that love for yourself.

Repeat:

May I be free from pain and suffering, may I live in peace and love.

Now think of humanity and repeat:

May humanity be free of pain and suffering, may everyone be able to live in peace and love.

Slowly and when you feel ready open your eyes, turn to the person next to you, give them a hug as you repeat:

May you be free from pain and suffering, may you live in peace and love.

What did you feel? What was most challenging? How is this different from your usual experience?



To think about



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Meditation

Dealing with sadness;
Calm thoughts; Increase
happiness; Increase
gratitude

THREE JOYS

Sit in a relaxed and attentive position at the same time. Feel the air go in and out through your nose, without trying to control it, just observe, direct your attention to your breathing. Feel the air in... out... in... out... in... out...

Be aware of the air entering your nostrils, notice that each breath is unique, new, special. None are repeated, let your breath flow freely and with each inhalation your body feels calmer, more peaceful and more relaxed.

Countless situations happen to us every day, many of them pleasant. Take the opportunity to remember what happened to you that left you with pleasant sensations in your body. Sometimes, in everyday life, it's hard to concentrate on the good moments, sometimes they're intense, other times they're simple. A blue sky, the smile of a family member, a job well done, a good meal, a laugh from a friend...

Pick three moments, three pleasant moments from today. Think about them, where you were, who was with you, what happened...

Give thanks and celebrate both the big and the small moments. In each memory, breathe, remember how your body felt. Feel those pleasant moments again. Let your body register each sensation. Allow those good memories to be imprinted, let them be linked to pleasant physical sensations.

Give yourself fully to those pleasant thoughts. Let the smile stay on your face. Appreciate, acknowledge, enjoy...

Your body now feels light, calm, relaxed.

What did you feel? What was most challenging? Do you usually give thanks for the pleasant things that happen to you on a daily basis, even the smallest ones? How is this different from your usual experience?



To think about



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Meditation

Relax; Calm thoughts;
Dealing with unpleasant
feelings; Dealing with
concerns; Managing
impulsivity

FROM ANGRY TO CALM

Choose a quiet place, sit on the floor or on a chair. Feel the air go in and out through your nose, without trying to control it, just observe, direct your attention to your breathing. Feel the air go in... out... in... out... in... out...

Your body is calm, relaxed and peaceful. With each inhalation, your body becomes more relaxed and peaceful. Your breath is always with you, it is your anchor. Feel the oxygen going to every part of your body.

Feel the calm in your feet, your legs, your belly

Feel the calm in your back, your hands, your arms

Feel the calm in your shoulders, your neck, your face, your mouth, your eyes, your head. Feel the calm in your whole body.

Hold on to the image of your calm, relaxed and peaceful body. Your body will remember that it is capable of being calm, relaxed and peaceful.

Now imagine a situation in which anger grows and begins to control your body. You're angry because they won't let you do something you really want to do, look at your body, how is it? Is your body more tense? Where does this tension accumulate? Observe your body carefully. Allow yourself to feel the anger, allow your body to feel it.

Now turn your attention to your breathing. Feel the air going in and out. Let the oxygen go to your most tense areas. With each breath, your body becomes more relaxed. Let go of accumulated tension. Inhale, exhale, inhale, exhale, inhale, exhale

Your body is calm, peaceful and relaxed again. You have managed to find the calm that always exists within you.

Calm is part of your body, it is always inside you. Your breath is the guide to your calm. Your breath brings out the calm.

Your body feels calm, relaxed and peaceful again. Your body feels good, calm, relaxed and happy

What did you feel? What was most challenging? How does your body feel when you're angry? And when it's calm? How is this different from your usual experience?



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Meditation

Increase self-esteem;
Increase self-confidence;
Train focus; Develop self-motivation

RIDE YOUR LIFE

Sit up straight, maintain an attentive and relaxed posture at the same time. Choose a position in which you feel comfortable and attentive at the same time.

Remember that you control your body and all your decisions must be conscious. If you feel any discomfort during the meditation, direct your attention to that part of your body and then make a conscious decision about whether or not you want to change your body.

Breathe slowly and calmly, feeling the air go in and out through your nose, without trying to control it. Take three deep breaths.

When you feel comfortable, close your eyes. Concentrate on your breathing, how calm and relaxing it is... Feel the temperature of the air coming in and the air going out... with each breath you become calmer, more peaceful and serene... listening to my voice softly...

Imagine you are riding a bicycle... You're the one who decides the direction and speed... You give yourself over to the moment with all your concentration... You easily learn how to ride the bike, you feel capable, confident, you can take your bike wherever you want... You ride calmly, you feel the light breeze on your face, you feel your hands on the handlebars, you feel the sun at a pleasant temperature... As you go along, you feel more confident, more secure... You command your body, your legs obey you, your arms obey you... your whole body follows your commands, your orders... you feel confident, secure, capable...

Now repeat mentally

I am capable

I command my body

I am competent

I feel fulfilled...

Concentrate on your breathing again, feel the air flow in and out freely...

When you feel ready, open your eyes and stretch.

What did you feel? What was most challenging? Where do you feel you can't control your body? How is this different from your usual experience?



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Meditation

Reduce anxiety; Dealing with fears; Increase self-esteem; Increase self-confidence; Develop self-motivation

BRAVE DRAGON

Sit up straight, put your feet flat on the floor, move your back away from the chair. Choose a position where you feel comfortable and alert at the same time. Breathe slowly and calmly, feeling the air go in and out through your nose, without trying to control it. Inhale deeply three times. If you feel comfortable, close your eyes.

Imagine you're walking in the countryside, the temperature is pleasant, just the way you like it. You feel the sun warming your body and you feel calmer, more relaxed and at ease.

You walk along and come across some trees, one tree, two, three, four trees, you feel happy, five, six, seven trees, you feel safe and relaxed, eight, nine, ten trees. Your body is calm and relaxed. You meet a dragon, it looks friendly, it calls you in a confident voice, you trust it and go to it. Look closely, what does it look like? What color is it? How big is it?

The dragon invites you to come up and take a walk in the sky. You feel safe, trust and accept. Your body feels light as you soar through the air. Your feet are light and relaxed, your legs are light and relaxed, your hands are light and relaxed, your arms are light and relaxed, your belly is light and relaxed, your whole body feels safe, light and relaxed.

You go up and down, sometimes the dragon goes faster, you hold on tight and feel confident in it.

In the distance you see a dark cloud. Look closer, there are your fears. You feel the fear in your body, observe how your body feels. You turn your attention to the dragon, he's confident, sure, his body ready for action. You hold on to him and feel the courage come over you. Your body becomes more relaxed, you feel energy, your body becomes straighter and you can face your fear. Together you pass through the cloud of fears and at that moment you feel your body full of courage, secure and confident. The fears turn into raindrops that fall and disappear.

You're proud to have faced your fears.

On top of the Dragon you return to the field, you see the trees again, 10, nine, you feel confident, eight, seven, six, your body is calm and relaxed, 5, 4, you feel happy, 3, 2, 1, you return to the ground feeling courageous. You say goodbye to the Dragon and walk back out onto the field. You feel happy, safe and calm.

What did you feel? What was most challenging? When do you feel afraid? When does courage appear? How is this different from your usual experience?



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Meditation

Sleep; Reduce anxiety;
Relax; Calm thoughts

GO TO SLEEP

Lie down on the bed on your stomach. You're in your bedroom, a safe and comfortable place. A space where you like to be and where you feel good.

Feel the comfortable mattress, the comfortable pillow, the comfortable blanket. Your body feels calm, safe and relaxed.

Breathe calmly. Feel the air coming in and out of your nose. Feel the air enter... leave... enter... leave... enter... leave...

Slowly your whole body will begin to feel calmer and more relaxed, your body will become softer. Sleep will start to come, slowly... slowly... slowly...

Your feet become calm, quiet and relaxed.

Your legs become calm, quiet and relaxed.

Your knees become calm, peaceful and relaxed.

Your belly is calm, peaceful and relaxed.

Your shoulders are calm, peaceful and relaxed.

Your arms are calm, peaceful and relaxed.

Your hands become calm, peaceful and relaxed.

Your neck is calm, peaceful and relaxed.

Your ears are calm, peaceful and relaxed.

Your mouth becomes calm, peaceful and relaxed.

Your eyes are calm, peaceful and relaxed.

Your forehead is calm, peaceful and relaxed.

Your head feels calm, peaceful and relaxed.

Your whole body feels calm, peaceful and relaxed, from the tips of your toes to your head.

Breathe calmly. Feel the air coming in and out of your nose. Feel the air enter... leave... enter... leave... enter... leave...

You can sleep now. Your body is ready for sleep.

Your body feels calmer, more peaceful and relaxed.



To think about

What did you feel? What was most challenging? Was it easier to calm down? How is this different from your usual experience?



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Meditation

Reduce anxiety; Calm thoughts; Dealing with concerns; Managing impulsivity; Train focus; Anchor at the present time

THOUGHT BALLOONS

Choose a quiet place, sit on the floor or on a chair. Feel the air go in and out through your nose, without trying to control it, just observe, direct your attention to your breathing. Feel the air go in... out... in... out... in... out...

As you breathe out, your body becomes calm, peaceful and relaxed.

Now imagine that you're sitting in a calm, relaxing place, a place you really like and where you feel safe. Your body is calm, relaxed and peaceful and you're going to focus your concentration on your breathing. Now observe your thoughts. When a thought appears, imagine that it is inside a balloon. What color is the balloon? Is it big or small? Light or heavy?

Slowly let it go into the air, let the thought go... Refocus on your breathing, on the air going in and out, in and out... Each thought that pops up, put it in the balloon and let it go... Sometimes there are thoughts that stay longer... Without struggling, without effort, let it go up slowly... Refocus on your breathing, on the air going in and out, in and out... Sometimes some thoughts come in a row, without stopping, let each one go up in its own balloon.... Refocus on your breathing, on the air going in and out, in and out...

Watch some thoughts for a minute, remember to let go of the thoughts and focus your attention on your breathing...

(1 minute)

Repeat now, either out loud or mentally

I have thoughts, I have pleasant thoughts,

I have unpleasant thoughts, I let go of thoughts

I am not my thoughts

You are not your thoughts, you can choose which ones to let go of and which ones to keep. Your body now feels light, calm, relaxed, it feels room for newness. Bring to mind that your attention goes where you put your focus and that your thoughts, light or heavy, come and go and that you are not your thoughts.

Your body feels good, calm, relaxed and happy.

What did you feel? What was most challenging? Are your thoughts light or heavy? Fast or slow? How is this different from your usual experience?



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Meditation

Prepare for tests; Relax;
Dealing with concerns;
Increase self-confidence

SCHOOL TESTS

Choose a quiet place, sit on the floor or on a chair. Feel the air go in and out through your nose, without trying to control it, just observe, direct your attention to your breathing. Feel the air entering... leaving... entering... leaving... entering... leaving...

Be aware of the air entering your nostrils, notice that each breath is unique, new, special. None is repeated, let your breath flow freely and with each inhale your body feels calmer, more peaceful and relaxed.

As you breathe out, your body feels calm, peaceful and relaxed. I'm going to count down and when I reach zero your body will feel calm, relaxed and peaceful. 10 you feel relaxed, 9 your body is deeply relaxed, 8, 7, deeper, 6,5 calmer, 4,3 deeper, 2, 1 and at zero your body is calm, relaxed and peaceful, in a state of deep relaxation.

Feel your breath again and inhale slowly, becoming aware of your breathing. Feel your rib cage expand, your diaphragm, your abdominal region. Hold your breath for a few seconds and exhale, slowly releasing the air through your mouth. With this breath, be aware that you are creating full expansion and space for your internal organs, which also need to breathe. Feel your deep breathing deeply, focus your attention inward.

Follow my voice and let your mind create a mental image of what I'm talking about...

It's the day of the test, you wake up, feel your body, observe, do you feel any tension? Take two deep breaths, now your body is calmer and more relaxed. You've studied the necessary subjects and you're ready. You eat breakfast, get dressed and leave the house, with a calm, relaxed feeling in your body.

You get to school and feel your body again. Is it tense or relaxed? Hot or cold? Do you have any sensations or feelings? Refocus on your breathing. Is it fast or slow? Focus on the inhalations, with each inhalation your body will become relaxed, calm. Your breath is always with you, it is your anchor.



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SCHOOL TESTS

Arrive in the room, observe what's going on around you, the space, the people... Take a deep breath and enter the room. Calmly make your way to your seat. Sit down. How is your body? Is it tense or relaxed? Hot or cold? Do you have any sensations or feelings? Refocus on your breathing. Is it fast or slow? Focus on the inhalations, with each inhalation your body will become relaxed, calm. Your breath is always with you, it is your anchor.

Feel the oxygen going to every part of your body. Your feet, legs, stomach, back, hands, arms, neck, head...

Keep the image of your body calm, relaxed and peaceful. Your body will remember that it is capable of being calm, relaxed and peaceful.

You have the test in front of you, you feel calm, relaxed and confident. Grab the pen and start the test. Now turn your attention to your breathing. Feel the air moving in and out. Let the oxygen go to your most tense areas. With each inhale, your body becomes more relaxed. Let go of accumulated tension.

Inhale, exhale | Inhale, exhale | Inhale, exhale | Inhale, exhale

Your body is calm, peaceful and relaxed. You've managed to finish the test and you're proud of yourself for studying, finishing and staying calm. There is always calm inside you.

Calmness is part of your body, it's always inside you. Your breath is the guide to your calm. Your breath brings out the calm.

Feel your body calm, relaxed and peaceful again.

Breathe deeply and I'm going to count to 10. When you've finished, you'll bring that calm with you, your body will be calm, peaceful and relaxed. One... two... the body begins to return, three... Four... Five... Six... Seven... Eight... Nine... and ten, open your eyes and Your body feels good, calm, relaxed and happy

What did you feel? What was most challenging? How does your body feel before a test? How is this different from your usual experience?



**To think
about**



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Meditation

Sleep; Reduce anxiety;
Increase concentration;
Relax; Train focus;
Breathing consciously

BREATH

Sit comfortably, with your back straight and your head up. If you're sitting in a chair, keep both feet flat on the floor. Take two deep breaths [short pause]. If you feel comfortable, close your eyes.

Let your breath flow freely, without trying to control it. Feel the air enter your nose and leave. Each of these moments is unique and will never be repeated [long pause].

Gently direct your attention to your breathing, observe how it is. Your breath is always with you and can help you see how you feel. Is your breathing calm, peaceful and relaxed? Or is it fast, rapid? Breathe more and more slowly, more and more calmly. Let calmness guide your breathing.

Feel the air go in, out

In, out

As you breathe in count to four and as you breathe out count to four again.

Inhale: one, two, three, four

Exhale: one, two, three four

Inhale: one, two, three, four

Exhale: one, two, three four

Inhale: one, two, three, fourth

Exhale: one, two, three four

Observe your breathing again, notice how much calmer, slower and more peaceful it is.

Slowly move your fingers, your hands, turn your attention outwards. Take two deep breaths. Let your body move slowly. Stretch.

Bringing calm and concentration with you, when you feel ready open your eyes.



To think about

What did you feel? What was most challenging? Do you usually observe your breathing? How is this different from your usual experience?



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