

Leading a Meditation Session for Junior Students.

When beginning meditation in the classroom it is best to commit to practising consistently (at least once per week) for a short amount of time (a few minutes) rather than occasionally for a longer time. This gives the students the opportunity to become accustomed to it, and to enjoy it.

1. Preparation for Meditation:

- Set the environment – you may wish to dim the lights, set a prayer focus and light a candle.
- Meditation is very practical. When introducing it to students, encourage them to try the practice and judge the results for themselves. Suggest that meditation provides:
 - An opportunity to be silent and make some space to be calm.
 - A time to be present silently with God who is always present with us.
- Go through the [Meditation Method](#) slowly, emphasising the importance of the prayer word they choose – check the students' understanding.
- Read a piece of Scripture to emphasise Gods' love and presence for each of us. Relate it to the practice of meditation.
 - The Lost Sheep: Lk 15:3–6
 - The Good Shepherd: Jn 10:11–15,
 - Jesus at Prayer: Mk 1:35, Lk 5: 16, Lk 6:12
 - Prayer: Mt 6:6-7, Lk 11:5–13
 - Do Not Worry: Mt 6:25-34
 - Jesus Stills a Storm: Mk 4:35–41
 - Three Parables: Mt 13: 44-50
 - Parable of Growing Seed & Mustard Seed: Mk 4:26–32
 - Jesus Blesses Little Children: Mk 10:13–16
 - Jesus Thanks his Father: Mt 11:25–30
 - The Man with a Withered Hand: Mt 3:1–6
 - Feeding the 5000: Mt 14:13–21
- Be clear about the length of time for the meditation and how you will measure the time (a bell is helpful for this).
- Spend a few moments going through a process to [Prepare](#) the students to meditate.
- Focus on posture, encouraging students to sit upright and relaxed.

2. Meditation Time:

- Begin with a short amount of time (perhaps a minute or two) and build up the time slowly in order to allow the students to get used to the practice.
- Over time you may build up the time to match the students' age, e.g. Preps:5–6 minutes, Year 6s: 10 minutes.
- If possible, meditate with your students.

3. Concluding the Meditation Time:

- Conclude with a short prayer, e.g. *Our Father, Glory Be.*
- Go through [Meditation Helps Us](#), and suggest ways to bring the practice into daily life, e.g. helping other students, thinking of others, finding new ways to solve problems.
- Suggest that they can meditate on their own any time – especially in times of difficulty.
- Some follow up may be appropriate such as sharing, journaling, drawing.