

# Leading a Meditation Session for Senior 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 and direct. When introducing it to students, encourage them to try the practice and judge the results for themselves. Suggest that meditation provides:
  - An opportunity to make space in our busy lives.
  - A time to centre and calm ourselves which is helpful for stressful times eg study, exams, relationships, preparing to play sport etc.
  - A time to leave our troubles behind for a time and to come back to them from a different perspective.
  - A time of prayer to be attentive and open to God's presence in silence.
- Go through the [Meditation Method](#) – check the students' understanding.
- Read a short piece of Scripture or a poem. Relate it to the practice of meditation.
  - 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
  - Parable of Growing Seed & Mustard Seed: Mk 4:26-32
  - Three Parables: Mt 13: 44-50
  - Jesus at Nazareth: Lk 4:16-21
  - The Man with a Withered Hand: Mt 3:1-6
  - Judging Others: Lk6:37-42
  - Martha and Mary: Lk 10: 38-42
  - The Temptation of Jesus: Lk 4: 1-13
  - Jesus the True Vine: Jn 15:1-17
  - Jesus Appears to the Disciples: Jn 20: 19 – 23
- Be clear about the length of time for the meditation and how to measure it (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 - you may build up the time to match the students' age, e.g. Year 7s:12 minutes, Year 11/12: 15 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. 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.