

Guided Meditation Lesson Plan

Created by Lisa Gimbel, The Welcome Project, Somerville, MA

Intention: To introduce students to meditation as a coping strategy for stress and to guide them through a meditation session.

Population: Intermediate ESOL conversation class

Materials Needed:

- Guided meditation (From the web, from the attached samples, or other appropriate source)

Preparation:

- Adapt and rehearse guided meditation yourself so you will be comfortable slowing down and pacing. (See attached as an example)
- Identify key words to pre-teach.
- Experiment with calming lighting in the room.
- Review words that could be challenging for the students. (breathe, breathe in, breathe out, imagine, tight, tore, tense). Also review parts of the body.
- Explain the purpose of the activity.
- Turn off lights, lead meditation.

See guided meditation below

Follow Up:

- Debrief: ask students, what was that like? How do you feel? If you liked it, why? If you didn't like it, why not? What would you want to be different? If there is enough time, ask how people felt in their body. Where did they notice tension in the body? Did it change? How? How do those areas feel now?
- Ask how students might modify this to use it in everyday life.

Classroom Snapshot:

Some students showed some discomfort for the first half of the meditation –one student was laughing; another student was opening her eyes and looking at the others. After the first half they got more comfortable with the activity and settled down. When the meditation ended there was a fairly mutual sense of wanting to savor the stillness that had been created. After the debriefing, I turned some of the lights back on, though not all of them. We proceeded with the class plan, a debate about the value of public transportation. During the evaluation of that class, two students identified this as their favorite activity.

Guided Meditation #1 to accompany Lisa Gimbel's lesson plan

- Close your eyes. Notice your breathing. Is it fast? Is it slow?
- Put your hand on your stomach. Notice how your stomach goes in when you breathe in, and out when you breathe out.
- Take a long, deep breath in through your nose, and breathe out through your mouth, fully and completely. Breathe like this a couple more times.
- Now imagine your body. Notice parts that are hurt, or are tight or tense. Notice parts that feel comfortable and loose.
- Use your breath. When you find a part of your body that is tight or hurts, send your breath there. Breathe out. Your breath can make that part of your body relaxed, loose; soft.
- Feel your head.....your face.....your shoulders.....your back.....your arms.....your hands. Notice your stomach.....your legs.....your knees.....your feet.
- Notice the sounds in the room. The people moving, the building. Not thinking, just noticing and listening. Breathe slowly and easily, in and out.
- Feel the chair under you where your body touches it. Feel your muscles relax as you breathe. Keep watching your breathing in and out, easy and peaceful.
- When you are ready, take a long, slow, deep breath in. Then breathe out completely and gently open your eyes.

Guided Meditation #2 to accompany Lisa Gimbel's lesson plan

- Close your eyes. Notice your breathing. Is it fast? Is it slow?
- Take a long, deep breath in through your nose and breathe out through your mouth, fully and completely. Feel the air come into your lungs, and going out. Breathe like this a couple more times.
- You have nothing you have to worry about right now. Imagine we are going to go for a walk. Find your favorite shoes and put them on. First the right foot, then the left foot. Take a long deep breath.
- You are walking outside. You notice it is the perfect temperature for you. You are comfortable. You feel the air on your skin on your arms as you walk.
- To the right you see a beach. You notice the sand is bright white and the water is a beautiful blue green.
- You take off your shoes, and step on to the beach. Your feet sink into the warm, soft sand. You feel it in your toes.
- You can hear the waves crashing onto the beach. It calms your mind and allows you to feel even more relaxed.
- You begin walking slowly towards the water. You notice the warm sun on your face and shoulders. It is warm on your head, and you feel your worries float away.
- You smell the air. It is salty like the water is. You breathe in deeply again, smelling the ocean. Take a few more steps on the beach. You are by the edge of the water, and can see the waves coming in and out. It is inviting you to step into the water. If you want to, put a foot into the water, feeling it coming on top of your toes and feet, cool and refreshing. The water moves back out again.
- You look out at the water of the ocean, noticing the sun reflecting on the surface. There are two birds floating in the water. One starts to fly. You see all of it's colors very clearly, and you watch it move it's wings up and down, up and down. You breathe deeply, letting your body relax completely. **CONTINUED** – not sure why this word is here
- You hear the bird cry, and it flies away where you can't see it.
- The wind is blowing strongly on the beach, and you feel your shirt moving in the wind. You take a minute to notice everything around you. The water, the air, the sounds, the smells, and the beauty around you. Take a deep long breath.
- You walk slowly away from the water, to where your shoes are waiting for you.
- You bend over and put your left shoe on. Then your right shoe. When you feel ready, you can bring your attention back to the room. You can open your eyes when you want to. Feel yourself here in the room, sitting on your chair. Slowly open your eyes.