



of Greater Indianapolis

MEDITATION MOMENT

Ages:

15-18 years

Activity Description:

Meditation involves mindfulness and breathing techniques to help create a calm state of mind and manage stress. This activity will walk you through a simple meditation by urging you to pause your thoughts and pay attention to your breathing.

Time:

10-30 minutes

Materials Needed:

- Quiet space or corner

Extras Materials That If You Have on Hand Are Helpful:

- Yoga mat or blanket
- Timer or clock

Activity: Meditation

“Be happy in the moment, that's enough. Each moment is all we need, not more.”
– Mother Teresa

We all deal with different stressors in our lives daily. Whether it's school, work, extra curriculars, maintaining person relationships or just finding the time to manage it all, these things, as much as we love them, can add unwanted stress into our lives. Too much stress can do major damage to our emotional and our physical health. Stress can cause aches, pains, and hinder your immune system, even causing you to get sick more often!

Taking time to be mindful of your breathing and meditate can be extremely helpful to manage stress. Please remember that meditation doesn't have to be associated with any type of prayer or religious practice. Taking time to pause your thoughts and breathe are the most important parts.

Step 1: Find a space or corner where you can sit quietly. You can choose to use a blanket or yoga mat to sit on, but these items aren't necessary.

Step 2: Once you are seated and comfortable, close your eyes and focus on your breathing. Don't feel the need to breathe different or breathe a certain way. Just relax and breathe however feels comfortable.

Inspiring all girls to be strong, smart, and bold

Step 3: As you inhale, think about your lungs inflating. As you exhale, think about your lungs deflating. Focus only on your breathing and allow all extra thoughts in your mind to pause.

Step 4: Continue to do this for at least 3 minutes, or longer if you would like.

Note: Remember, there may be many times where you notice your mind wandering and you may begin to think about other things and forget about your breath while you're practicing your meditation. That's okay! Experts say each person has about 80,000 thoughts a day, so it can be hard at first to just turn them off. The more you practice, the easier it will become. Be kind to yourself as you learn.

Step 5: After you've taken at least 3 minutes of consistent meditation time, open your eyes.

Step 6: Take a few minutes to reflect on the time you spent meditating by answering the questions below.

Step 7: Don't forget that mediation is most effective if done consistently, so don't forget to practice again tomorrow!

ACTIVITY RECAP

Discovery Questions:

- Why do you think it's important to find healthy ways to deal with stress?
- Did you like the meditation activity? Was it hard? Why or Why not?
- What are some other options for dealing with your stress in healthy ways?