

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 '**Meditation Method: Junior**' (this can be found within this page under 'The Sacred Word') *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
- Be clear about the length of time for the meditation and how you will measure the time (a bell, singing bowl or use the WCCM app for this).
- Spend a few moments going through a process to prepare students to meditate, referring to the resource '**Preparing to Meditate: Junior**' on this page.
- 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 6: 10 minutes.
- It is important that you meditate with your students; you are all praying together.

3. Concluding the Meditation Time

- Conclude with a short prayer, e.g. *Our Father, Glory Be.*
- Refer to the 'Meditation helps us' section in **Meditation Method: Junior** 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 – at home with family, in times of difficulty, in times of fear.
- Some follow up may be appropriate such as sharing, journaling, and drawing.