

Appendix 2: Guided Meditation



In partnership with
unicef

As an alternative to a community walk: Explain to the class that they are going to begin a guided meditation. This is an exercise where the students will be asked to think about the answer to some questions in their heads. Create a calm atmosphere - you may want to turn the lights off or play some music quietly. Encourage children to close their eyes or lower their gaze.

Tell students this guided meditation is going to be based on a normal school day. Read the script below slowly and clearly, taking time to pause between each paragraph.

Imagine you have just woken up at the beginning of the day. What sounds can you hear outside? You get up and get dressed for school. Now think about how your journey to school. What do you see on your way to school? Do you see any birds, animals or water sources? How do you get there? Is it an easy and safe journey?

Now you have arrived at school. Is everyone able to get to school? As you enter the classroom what do you notice? Is everyone being kind to one another? You sit down and prepare for your lessons. Then it's lunch time, what do you eat for lunch? Is everyone eating healthy food? What happens to the food that isn't eaten? Do you see it thrown away in bins?

After lunch you go back to your classroom, has everyone been outside to play? Have you all had a chance to run around and have fun?

It's later in the day and your teacher tells you it's the end of the day. What happens to the classroom at the end of the day? Is there someone who is in charge of turning the lights off? It's the end of the day and you run outside. You go and find your friends to go and play outside. Do you and your friends go to the same place after school everyday? Or do you do different activities each time?

Perhaps you want to go home straight away after school. Think about your journey home and what you pass. Do you pass lots of people? Do these people seem happy? Do you pass the same buildings and people on your way home from school? Is anything different from your journey to school in the morning from your journey back home in the afternoon? Has anything changed from the start of the day?

Now you are home again. What do you do when you get home? Is there anywhere you can go with your friends?

You have spent a day in your community was there anything you would like to see changed? What could be improved?