

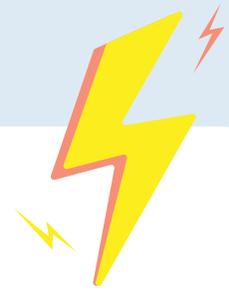
# SAMPLE MEDITATIONS

## TO GET YOU STARTED



From our mini-guide « [Mindfulness at home](#) »

## QUICK BREAK:



### WHEN TO USE IT

- To bring back inner calm
- To start the day
- To end the day
- As an introduction to meditation



### DURATION

About 3 minutes



### HOW TO PRACTISE

- Sitting on a chair
- Sitting on the floor
- Lying down



### BENEFITS

- Short break that helps young people refocus
- Relieves stress
- Easy to fit into your schedule
- Allows for daily practice
- A simple way to introduce young people to meditation



### IMPORTANT

Don't try this exercise to young people who suffer from panic attacks.

→ WE WILL INDICATE PAUSES IN THE TEXT. FOR EXAMPLE, [PAUSE: 5 MISSISSIPPI] MEANS YOU SHOULD REPEAT THE WORD "MISSISSIPPI" 5 TIMES IN YOUR HEAD.

Sit in a position that allows you to stay focused for a few minutes. In this exercise, we're going to ask you **to take a break to observe how you feel in your body** and in your emotions and to notice what you're thinking in the present moment.

[PAUSE: 5 MISSISSIPPI]

Close your eyes and focus on the parts of your body that are in contact with the floor right now.

**Try to pay attention to your whole body.**

[PAUSE: 5 MISSISSIPPI]

Start by taking a few breaths. Focus on your breathing. Don't try to change how you're breathing. Just pay attention to your lungs as they inflate when you inhale and deflate when you exhale, **like the ebb and flow of a constant wave.**

[PAUSE: 2–3 MISSISSIPPI]

**Focus on the places in your body where you feel the air flowing:** your nose, throat, lungs, belly.

[PAUSE: 5 MISSISSIPPI]

**Pay attention to how you feel in your body.**

Are you noticing any physical sensations right now?  
What emotions are you feeling right now? What are you thinking about?

[PAUSE: 7–8 MISSISSIPPI]

→ **OBSERVE THIS FOR A FEW MOMENTS. WHEN YOU'RE READY, YOU CAN OPEN YOUR EYES.** ←



# BODY SCAN



## WHEN TO USE IT

- To start or end the day
- Before bed
- As an introduction to meditation



## DURATION

About 15 minutes



## HOW TO PRACTISE

- Sitting on a chair
- Sitting on the floor
- Lying down



## BENEFITS

A true meditation classic: a full body scan session that introduces young people to the practice of meditation in a qualitative way.



## ALSO HELPS TEENAGERS

- Become aware of their physical sensations (which are related to their thoughts and emotions)
- Relax
- Sleep better (due to the relaxing effect)



## IMPORTANT

Don't try this exercise to young people who suffer from panic attacks.

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**Sit comfortably in a position that allows you to concentrate for a few minutes** or lie on your back with your arms at your sides and your legs straight out.

[PAUSE: 2 MISSISSIPPI]

Close your eyes.

Focus on the parts of your body that are in contact with the floor right now.

**Try to pay attention to your whole body.**

[PAUSE: 5 MISSISSIPPI]

Start by taking a few breaths. **Focus on your breathing.**

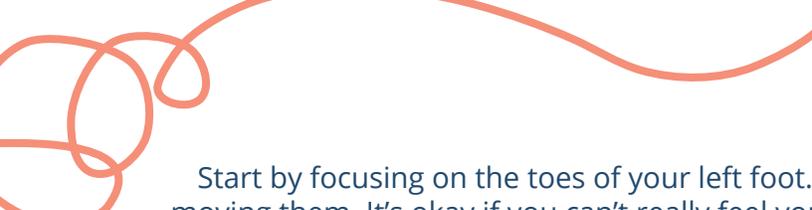
Don't try to change how you're breathing or how fast you're breathing.

Just pay attention to your ribcage as it inflates when you inhale and deflates when you exhale.

[PAUSE: 3 MISSISSIPPI]

**Notice the places in your body where you feel the air flowing.**

[PAUSE: 5 MISSISSIPPI]



Start by focusing on the toes of your left foot. Try to feel each toe on your left foot, without moving them. It's okay if you can't really feel your toes. Next, turn your attention to the bottom of your left foot, to your heel, and then to the top of your foot. **Notice which parts of your foot are touching the floor.**

Now bring your attention to your left ankle, your calf, your knee, your left thigh and finally, your hip. **Focus your attention on your whole left leg at the same time.** Notice which parts of your leg are touching the floor.

[PAUSE: 5 MISSISSIPPI]

Now, focus on the toes of your right foot. Try to feel each toe on your right foot, without moving them. It's okay if you can't really feel your toes. Next, focus on the bottom of your right foot, your heel, and the top of your foot. **Notice which parts of your foot are touching the floor.** Now bring your attention to your right ankle, your calf, your knee, your thigh and finally, your hip. Try to concentrate on your whole right leg at the same time.

Notice which parts of your leg are touching the floor.

[PAUSE: 5 MISSISSIPPI]

**If you get lost in your thoughts and realize that you're not paying attention to the various parts of your body, tell yourself that this is normal.** Just bring your attention back to your breathing and then to the meditation.

[PAUSE: 2–3 MISSISSIPPI]

Focus on your lower back. Slowly move up your back, paying attention to the middle of your back, then the upper part of your back.

**Try to focus on every bone in your spine, up to your shoulders.**

[PAUSE: 2 MISSISSIPPI]

Next, focus on your stomach. Notice how your belly rises when you breathe in and falls when you breathe out. Pay attention to your ribs and chest.

**Try to feel your heart beating.**

[PAUSE: 5 MISSISSIPPI]

Now, focus on the fingers of your left hand. Try to feel each finger on your left hand, without moving them. It's okay if you can't really feel your fingers. Next, turn your attention to the palm of your left hand, then to the back of your hand. Notice which part of your hand is touching the floor (or chair). Focus on your left wrist, then your forearm, elbow, upper arm, and shoulder.

Try to concentrate on your whole left arm at the same time.

**Notice which parts of your arm are touching your body.**

[PAUSE: 5 MISSISSIPPI]



**Focus on the fingers of your right hand.**

[PAUSE: 2–3 MISSISSIPPI]

Try to feel each finger on your right hand, without moving them. It's okay if you can't really feel your fingers. Next, turn your attention to the palm of your right hand, then to the back of your hand. Notice which part of your hand is touching the floor (or chair).

Focus on your right wrist, then your forearm, elbow, upper arm and shoulder.

Try to concentrate on your whole right arm at the same time.

**Notice which parts of your arm are touching your body.**

[PAUSE: 5 MISSISSIPPI]



**Now, focus on the back of your neck and head.**

[PAUSE: 2–3 MISSISSIPPI]

Try to feel the hair on your head. Focus on your forehead, eyebrows, eyelashes, and eyes. Next, pay attention to your ears, cheeks, nose, mouth, tongue, teeth, jaw, chin and finally, your throat. Focus on your entire face at the same time.

**Focus on your nose and mouth and notice where your breath enters and leaves your body.**

[PAUSE: 5 MISSISSIPPI]



**TO FINISH,**

**TRY TO CONCENTRATE ON YOUR WHOLE BODY AT THE SAME TIME. TAKE A FEW BREATHS AND NOTICE HOW THEY COME AND GO. WHEN YOU'RE READY, YOU CAN MOVE YOUR FINGERS AND TOES A LITTLE AND OPEN YOUR EYES.**



## TASTING EXPERIENCE



### WHEN TO USE IT

Any time of day.



### DURATION

About 10 minutes



### HOW TO PRACTISE

You'll need a small food item such as a piece of popcorn or dried fruit.



### BENEFITS

Practising mindfulness “in action” with a fun, unique approach will show your teen how they can integrate mindfulness into their daily lives.



### IMPORTANT

If your child has an eating disorder, don't force them to do the exercise. Suggest other activities, like going for a walk or listening to music mindfully.

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Sit comfortably, with your back straight, but without forcing it.

**In this exercise, we're going to ask you to taste a food as if you were trying it for the first time.**

[PAUSE: 2–3 MISSISSIPPI]

**Close your eyes and take few seconds to feel your breathing:** the cool air coming in through your nose, going down into your lungs, lifting your ribcage, inflating your belly, oxygenating your body and then coming out warmer.

[PAUSE: 5 MISSISSIPPI]

**Keep your eyes closed and hold out your hand.  
You're going to get a small piece of food in the palm of your hand.**

[PAUSE LONG ENOUGH TO GIVE YOUR CHILD A FOOD ITEM]



Now open your eyes and look closely at how your food looks, at all the details your eyes can see.

**Pretend you're seeing this food for the first time in your life.** What does it look like?

What colour is it? What shape is it? What are its physical characteristics?

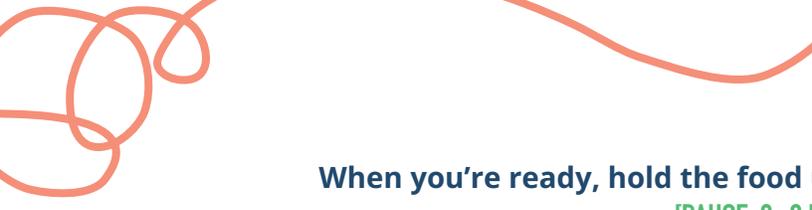
[PAUSE: 5 MISSISSIPPI]

**Once you have carefully examined it, turn it over in your hand.**

What texture does it have? What do you feel on your hand when you turn it over?

What do you feel on your fingers when you turn it?

[PAUSE: 5 MISSISSIPPI]



**When you're ready, hold the food up close to your nose and smell it.**

[PAUSE: 2–3 MISSISSIPPIS]

Do you smell anything? What does it smell like?  
**Try to pay attention to all the scents you notice by slowly inhaling its odour.**

[PAUSE: 5 MISSISSIPPIS]

**Now, bring it close to your ear.**

[PAUSE: 2–3 MISSISSIPPIS]

Does the object make any noise? **Do you hear anything?**

[PAUSE: 2–3 MISSISSIPPIS]

**Move the object between your fingers; crush it between two fingers.**

Now do you hear anything?

[PAUSE: 5 MISSISSIPPIS]

You can now put the object in your mouth, but make sure you don't bite it right away!

**Resist the temptation.** Let it roll around gently in your mouth, on your tongue, against the inside of your cheeks.

[PAUSE: 2–3 MISSISSIPPIS]

What texture does the object have now? Does it taste like anything? **Notice what is happening in your mouth; maybe you're salivating.**

[PAUSE: 5 MISSISSIPPIS]

**Now, put the object between your teeth, but don't bite into it right away.**

[PAUSE: 2–3 MISSISSIPPIS]

**Can you feel the object's texture between your teeth?**

[PAUSE: 2–3 MISSISSIPPIS]

**Now, you can bite it slowly.**

What do you notice? Does the object have a particular flavour?

[PAUSE: 2–3 MISSISSIPPIS]

Now that you've bitten into it, has its texture changed?  
**Chew it for a few seconds and notice the tastes and textures.**

[PAUSE: 2–3 MISSISSIPPIS]

→ **WHEN YOU'RE READY,** ←

**YOU CAN SWALLOW IT; TRY TO NOTICE ANY SENSATIONS THAT YOU FEEL.**