



STRATFORD SCHOOL OF MEDITATION

KIDS MEDITATION

When meditating with children, our sessions will be much shorter in length than they would be if we were teaching adults.

Typically, an adult meditation class lasts for anywhere between 45-60 minutes, whereas a kids meditation class would typically be 45-60 minutes (but this is age dependent) but rather than

being one long, fluid session, it would be *made up of a sequence of shorter exercises*.

The reason for this is to keep the children engaged and interested, they have a far shorter attention span and may not truly grasp the concept of meditating.

Adults enter the room fully prepared to be meditating but kids may not understand this.

Therefore, your *primary objective when teaching meditation to children, is to focus on the intention of it being calming and relaxing*.

WHAT IS THE INTENTION OF YOUR SESSION

When holding a class with adults, we would build a class or workshop around a framework that divides the meditation class into three parts - the induction, the intention and the grounding.

The induction is where we bring their awareness into the room, to their breath, to their body and the moment, and generally start to relax them.

The intention is where we do what we refer to as the energy work or change work.

And the grounding is where we bring them back to a state of clarity and consciousness, by beginning their awareness, back to the room, and back to their breath and body,

Although teaching children, the structure of a one hour class or workshop is different, we still want to keep this three step framework in mind.

As we discussed last week, what we would refer to as the induction, can also be referred to as introduction, we looked at some simple and short breathwork techniques that help children

You will always start your class or workshop with children, with a short induction, that should last ideally no more than ten minutes.

The purpose of this is to bring the children into the right energetic space so that we can introduce meditation.

Once we have achieved this and they are calmer, and beginning to relax more, we would lead into a short meditation.

This is where we begin to move into the intention phase of our session. By intention we mean what is your intention for this class or workshop, how do you want your participants to FEEL.

During the intention phase, which you as the teacher determines, you take your children on a journey, where they move from feeling energy a to feeling energy b.

With adults, our intention could be for example, to go from feeling anxious to feeling calm. Obviously with children, our intentions are most likely going to be more general, i.e going from feeling hyperactive to feeling calm.

However, this is age group dependent, and with older children you may want to work on something more specific, such as confidence, or anxiety.

The main thing to remember is that during the intention part of your session (the bulk part of it, in a 60 minute class it would last for 40 minutes), you want to be focusing on exercises that create this intention, that *guide your kids to experience the Energy B feeling*.

Remember that this will be done through bringing several short exercises together with younger children, with older children it may be one or two, this is age dependent and you will become clearer on this when we cover the 3 age groups and you can begin to think about the age of the children that you feel drawn to working with.

The importance of grounding

Grounding is a really important part of your session, it lasts for around ten minutes, like the induction at the beginning does, so we have three parts:

- Induction - 10 mins
- Intention - 40 mins
- Grounding - 10 mins

You will want to bring the children back to a place where they are back into their conscious headspace, alert and awake, so the focus is on grounding exercises, that are short, and focus on bringing the kids attention back to the sounds around them, their breath, and moving their body.

As we move through this course, we will look at different exercises and techniques that I will refer to as induction, intention or grounding suitable.

I highly recommend getting three cardboard folders, and labelling them INDUCTION, INTENTION, GROUNDING and then

you can print the exercises off when we cover them (they will be on handouts) and you can then add them to the relevant folder, This is not compulsory of course, but it helps you to create a teachers tool kit to go with your tool box so that you have resources that you can refer to when planning classes after this course has finished.

TRANSFORMATIONAL EXERCISES AND SESSIONS

Bringing all three parts together our intention is to create a transformational experience for the children, to change their energy and state and leave them feeling relaxed at the end of the session.

Think about how you conduct your session, and how things such as your tone of voice, speed, pace, volume and actions all contribute towards creating an overall transformative experience.

We want to gently guide them into the relaxed state, and as we work our way through the session, begin to take them deeper.

And - our sessions won't be non-stop exercises that are based around meditation - we can include mindful techniques, gentle movement, and even affirmative journaling and drawing, but we will begin to cover all of this from next week.

HOMEWORK

This week we are going to extend an induction into a short meditation so that we look at how we progress from the induction part of a session into the intention.

Have some fun with this, nobody is expecting you to be the expert, just let go of your inhibitions, press record, and make a meditation up - using my video sample as inspiration.

The whole video only needs to be about ten to fifteen minutes in length, you can choose just one breathwork exercise this time, to use in your induction, and link it together to your meditation, through a continuation of your story, maybe even adding in an affirmation.

Please send completed videos to
hello@stratfordschoolofmeditation.com

I look forward to receiving them!