

workbook

WEEK ONE



workbook challenge

STRATFORDSCHOOLOFMEDITATION.COM



LET 'S EXPLORE...

WORKSHEET

1.

What are the 5 benefits of meditation for children.

2.

What do we mean by the meditative state? Which brainwave is associated with meditation?

3.

What do you think potential obstacles may be when attempting to meditate with a child or a small group of children?



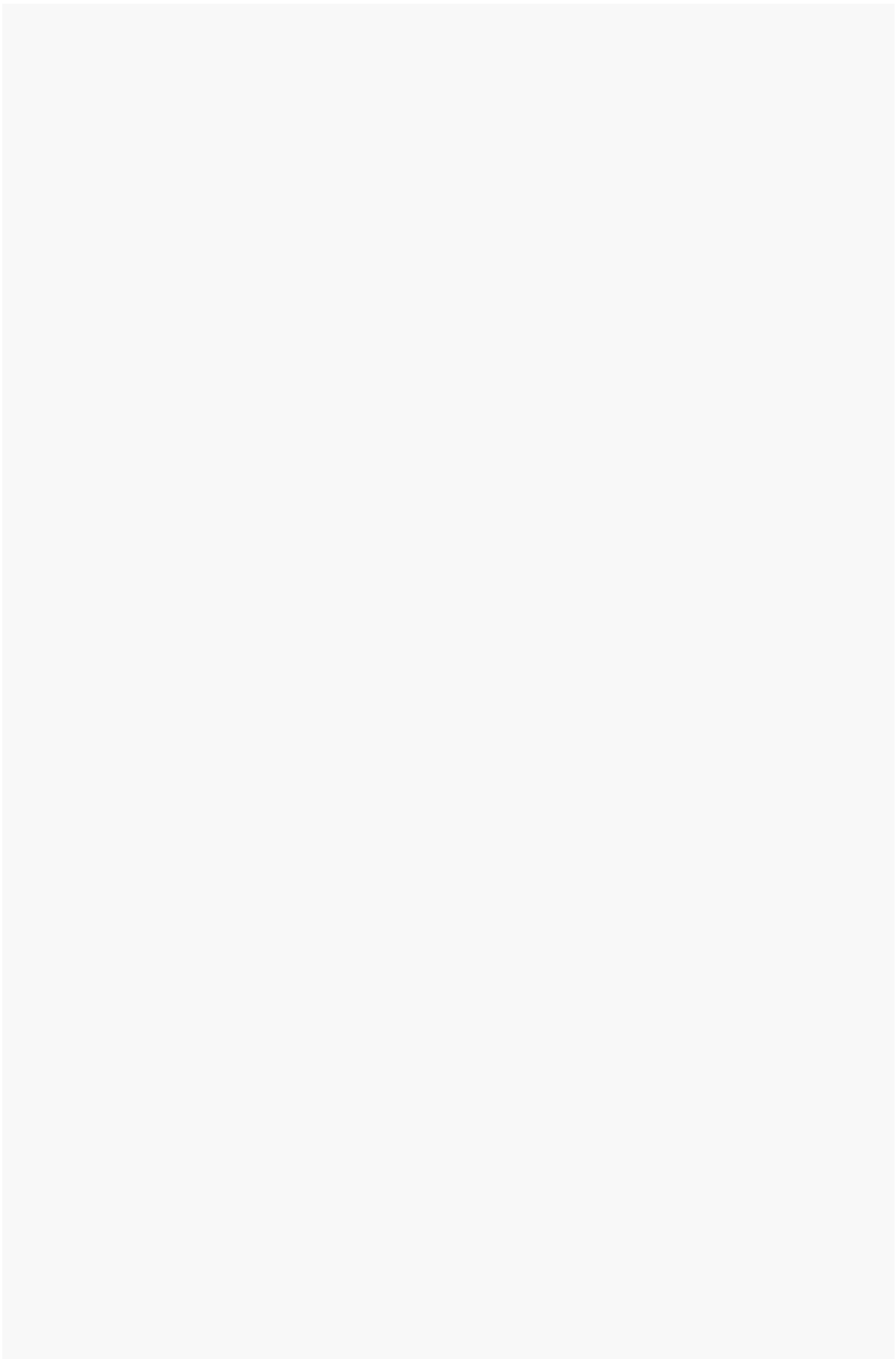
LETS EXPLORE...

WORKSHEET

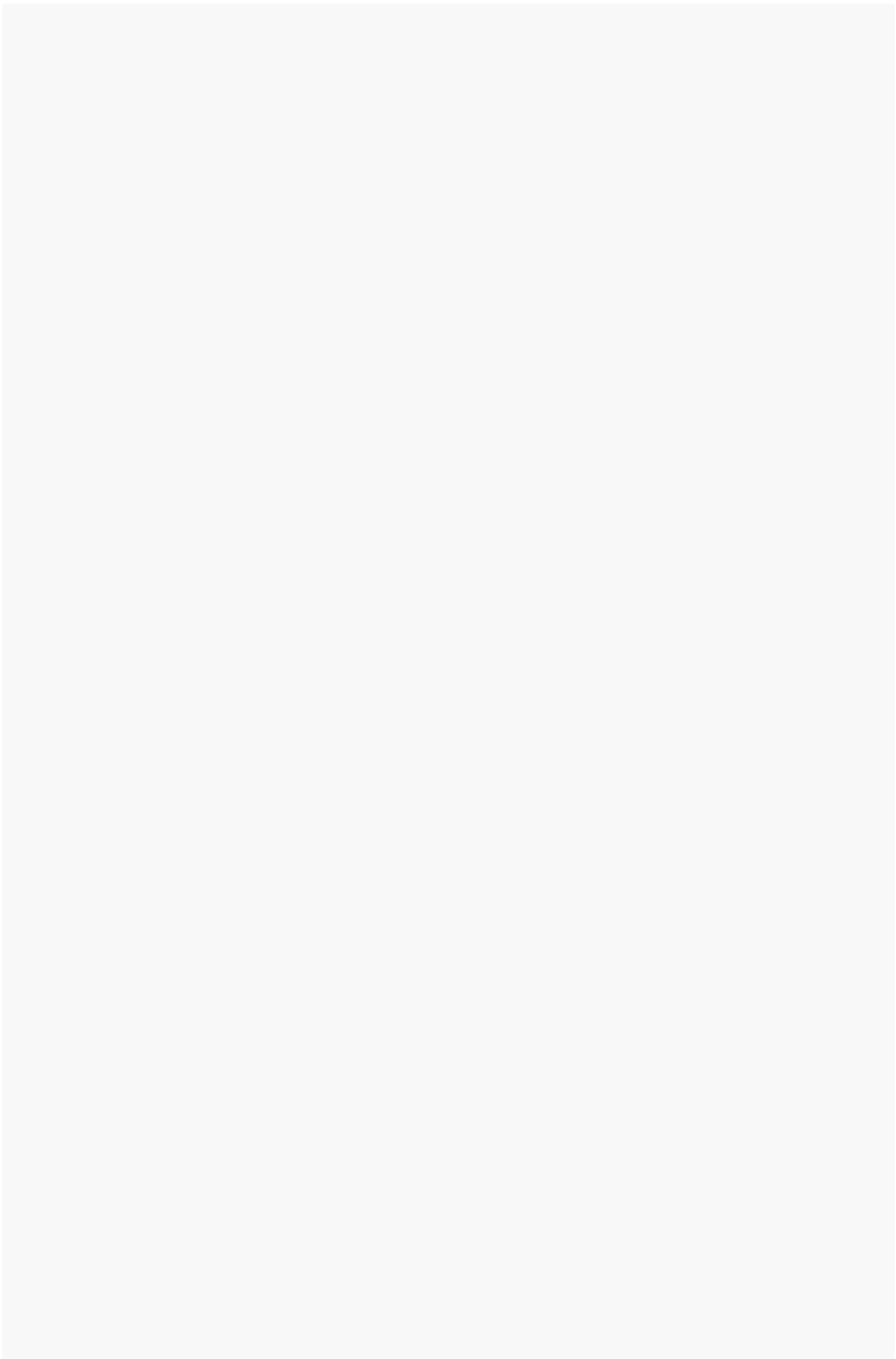
4. What role do you think your state and energy plays when guiding Meditation? And how do you think you could quickly change your state if you needed to?

5. Why is it beneficial to create your own daily meditation habit as a meditation teacher? How do you feel about creating a daily meditation habit?

6. Listen to the meditation audio in the training area. How did you feel after listening to it? How did your overall state change?



Notes



Notes