**Tips for running Beditation Practice in the classroom**

• Give the pupils all of the instructions before asking them to move onto the floor. Explain the whole process first and say to them only to move “When I give the word, but not until I give the word”.

• Tell them to put bags and chairs on the desks; demonstrate the posture (but standing up!); take any questions; make sure everybody understands what they’re about to do and only THEN, get them to move onto the floor in total silence.

• If it is a mixed class then divide the genders. One half of room boys, the other half girls.

• In the previous lesson, think about recommending comfortable and appropriate clothing as they will be lying on the floor.

• Some teachers say their classroom floors are too grubby for this exercise. If so, see if you can borrow a set of yoga mats. Or go to the gym. It would be a real shame not to do the Beditation. If worse comes to worst you could just repeat the FOFBOC, but it’s not the same.

• Pupils could put their shoes or bags under their heads to act as a kind of pillow or cushion.

• Safety: tell them not to have their heads by any doors that might be opened by someone coming into the classroom.

• Try to encourage them to stay awake and say that if they feel sleepy they should try opening their eyes.

• Don’t lie down yourself! Either sit amongst the pupils, or stand, or even wander around the classroom so that you can go over to anyone being silly, or snoring, and deal with the situation discreetly.

• Try running the enquiry ( asking how things felt – the experience ) with the pupils still lying down, or having made themselves comfortable. Alternatively, encourage them to return to their seats, also in silence, and then do the enquiry.