

Meditation for Beginners

This course has been designed as an option for learning a healthy stress management tool for employees of Company ABC. Effective stress management produces higher morale, fewer sick days, less employee turnover, and a positive climate in the workplace. In six months, there will be a 10% improvement in sick days and 20% improvement work-place moral according to a survey conducted at that time.

Target Audience: Employees at Company ABC who opt out of the in person wellness training

Learning Objectives:

After this course, learners will be able to:

1. Name 3 benefits of meditation
2. Access free and subscription meditation sites
3. Execute a meditation practice and enjoy the benefits.

Learning Level: Knowledge and skill

Seat Time: 20-25 minutes

Notes for Reviewers:

- Capitalization is not important in the left column; however, it is very important in the next column On Screen Text.
- Information included in brackets [] or will not appear on screen or read. These labels are to show the order in which items will appear on screen or provide clarification to the developer. If information in the [] is orange, that indicates the name of a layer. The rows that are filled with a faded orange are details for each layer on the slide depicted.
- Timing for graphics/visuals/on screen text is tied to the narration/audio through a numbering system. For example, where you see a [1] in the narration/audio, you will likely see a [1] in the Visual/Display column telling you when an object is supposed to display on the screen.
- Use the Notes Column to enter any questions, concerns or suggestions
- Animation notes for will be in all caps and italicized:
 - Entrance animation in green such as *FADES*
 - Exit animation in red such as *FADES*

Scene 1: Getting Started

Scene 2: Meditation Basics

Scene 3: Quiz



General Style Notes:





- This course is APA format for titles and AP grammar.
- Copyright free images of different meditative and calming scenes.
- Slide title font is Source Sans Pro Black-Size 32, all other font is Open San usually 12 or 14 based on the context. Use Modern Player.

Course Outline:

- 1) Cover Slide
- 2) Navigation
- 3) Introduction/Hook
- 4) Objectives
 - Name 3 benefits of meditation
 - Access free and subscription meditation sites
 - Execute a meditation practice and enjoy benefits
- 4) Health Benefits of Meditation
 - Knowledge check
- 5) Creating a Meditation Practice
 - Impact of Stress on Brain
 - Choose Your Learning Path
 - Benefits of Meditation
 - Knowledge Check
 - Ways to Meditate
 - Times of the Day
 - Types of Meditation
 - Finding Meditations
- 6) Summary
- 7) Assessment-80% score required, or learner is required to retake the quiz.
 - Introduction
 - 5 Quiz Questions on individual slides
 - Results slide
- 8) Completion


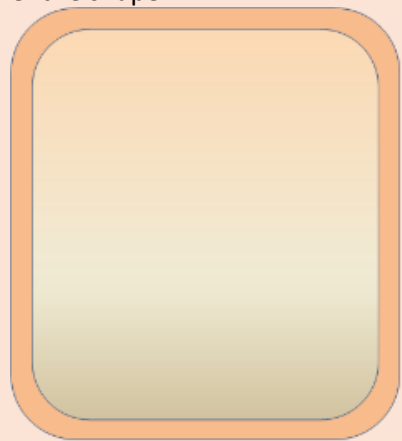
Scene 1: Getting Started				
Slide	Narration	On-Screen Text	Visuals	Notes


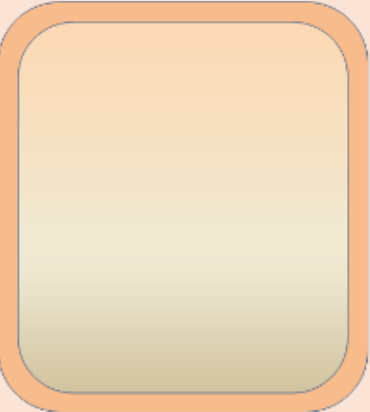
<p>1.1 Welcome</p>	<p>[2] There are many wellness benefits of meditation yet not everyone knows how to begin!</p> <p>Other than the score on your final quiz, none of the information you enter into this course will be saved or reported.</p> <p>[3] Select the navigation button to learn how to help you view the screen features to help you through this course or [4] select the start button to begin the course.</p>	<p>[1] Welcome To Meditation For Beginners.</p> <p>[2] Do you know how to begin a meditation practice?</p> <p>[3] Navigation [button]</p> <p>[4] Start [button]</p>	<p>Background image:</p>  <p>This background will be used for this scene</p> <p>Learner chooses START button to go to slide 1.3</p> <p>Learner selects NAVIGATION to jump to slide 1.2</p>	
<p>1.2 Navigation</p>	<p>[1] In order to advance and revisit slides, select the [2] next and [3] previous buttons.</p> <p>[4] Select the play-pause button or the [5] replay button to restart the slide.</p> <p>[6] use the volume button to make the audio louder or softer</p>	<p>slide title [1] Navigating This Course</p>	<p>Background image:</p>  <p>Arrow appears and points to the item mentioned in the audio.</p> <p>Down arrow: [2,3,4,5,6]</p> <p>Left pointing arrow: [7]</p>	



	<p>[7] the menu can help you track your progress throughout the course</p>		<p>Slide will auto advance when timeline ends</p>	
<p>1.3 Purpose</p>	<p>[1] Why should you add a meditation practice to your life?</p> <p>[2] It is a healthy way to [3] cope with stress</p> <p>For many of us, stress comes and goes so it is important to know what to do when we're feeling stressed. [5]</p> <p>Let's determine if you could benefit from this healthy habit.</p> <p>For many of us, stress comes and goes, so it is important to know what to do when we're feeling stressed. [5]</p> <p>[6] Rate your level of daily stress on a scale of 0 to 10.</p>	<p>[slide title] [1] Why Should I Meditate?</p> <p>[6] Spin the dial to indicate your stress level day to day.</p> <p>[7] Remember, no one will view this number except for you.</p>	<p>Background Image (remains visible when layer is showing:</p>  <p>Change state of next button to HIDDEN when timeline starts</p>  <p>[2] FADE [5] FADE</p>  <p>[3] FADE [5] FADE</p>  <p>[4] FADE [5] FADE</p> <p>[6] Learner adjusts dial to number of scores When released, the value will indicate which layer is shown based on the scores FADE</p>	




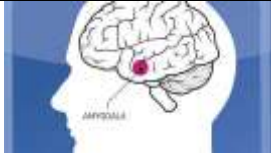

[7] FLY IN




			 <p>[7] FLY IN</p>	
<p>1.3 Good Idea Layer</p> <p>Dial Value 5-10</p>	<p>[1] You are not alone! Your life is stressful. When you experience high levels of stress, your brain activates the "fight or flight" response. Meditation calms that response by activating the parasympathetic nervous system.</p> <p>[2] Select next to continue</p>	<p>[1] Start today! You are not alone! Your life is stressful. When you experience high levels of stress, your brain activates the "fight or flight" response. Meditation calms that response by activating the parasympathetic nervous system.</p> <p>[2] Select next to continue</p>	<p>Change state of next button to HIDDEN when timeline starts</p> <p>on screen text will appear in the shape below</p> <p>entire shape will FADE</p>  <p>Change state of next button to NORMAL when timeline ends on this layer</p> <p>Select next to continue</p>	
<p>1.3 Beneficial to your Health Layer</p> <p>Dial value 3-4</p>	<p>[1] Experiencing a bit of stress in your life is normal. Adding meditation a few times a week will help keep you train your brain to handle stress in a way that can calm the fight or flight response.</p>	<p>A Helpful Tool!</p> <p>[1] Experiencing a bit of stress in your life is normal. Adding meditation a few times a week will help keep you train your brain to handle stress</p>	<p>Change state of next button to HIDDEN when timeline starts</p> <p>on screen text will appear in the shape below</p> <p>entire shape will FADE</p>	


	<p>[2] Select next to continue</p>	<p>in a way that can calm the fight or flight response.</p> <p>[2] Select next to continue</p>	 <p>Change state of next button to NORMAL when timeline ends on this layer</p> <p>Select next to continue</p> <p>[2] appears in the lower right corner</p>	
<p>Not Necessary Layer</p> <p>Dial Value 0-2</p>	<p>[1] You don't experience much stress, but meditation provides other benefits as well. Meditation can train your brain to be present and even handle stressful scenarios calmly. Give it a try! See how you feel!</p> <p>[2] Select next to continue</p>	<p>[1] Would be a bonus!</p> <p>You don't experience much stress, but meditation provides other benefits as well. Meditation can train your brain to be present and even handle stressful scenarios calmly. Give it a try! See how you feel!</p> <p>[2] Select next to continue</p>	<p>Change state of next button to HIDDEN when timeline starts</p> <p>on screen text will appear in the shape below FADE</p> <p>entire shape will FADE</p>  <p>Change state of next button to NORMAL when timeline ends on this layer</p>	

			<p>Select next to continue appears in the lower right corner</p> <p>[2]</p>	
1.4 Objectives	<p>[1] After this Course you will be able to...</p> <p>[2] Name 3 benefits of meditation</p> <p>[3] Access 1 free and 1 subscription meditation site</p> <p>And</p> <p>[4] Execute a meditation practice and enjoy the benefits</p>	<p>[slide title] [1] After this Course you will be able to...</p> <p>[2] Name 3 benefits of meditation</p> <p>[3] Access 1 free and 1 subscription meditation site</p> <p>[4] Execute a meditation practice and enjoy the benefits</p>	<p>Background image:</p>  <p>Change state of next button to HIDDEN when timeline starts</p> <p> Meditation icon will be on the left side of each learning objective</p> <p>Each objective <i>FADES</i> in along with the icon.</p> <p>Previous obj remains when next objective fades in below it.</p> <p>Each learning objective has a white (semi-transparent) rectangle with curved corners behind the text.</p> <p>Auto advances to next slide when timeline ends</p>	

Scene 2: Meditation Basics				
Slide	Narration	On-Screen Text	Visuals	Notes
2.1 Let's Talk about Stress	<p>[1] To understand the benefits of meditation, it is important to understand how stress impacts the [2] brain and body.</p> <p>Deep in the brain is an almond shaped part of the brain called the amygdala. This part of the brain is connected with fear, stress,</p>	<p>[slide title] [1] Let's Talk About Stress</p>	<p>Background image:</p>  <p>Change state of next button to HIDDEN when timeline starts</p> <p>[2]</p>	

	<p>anxiety and aggression.</p> <p>This plays an important role in how our body handles stress.</p> <p>[3] Select the picture to learn more about how stress impacts the brain and body.</p> <p>4) Select next to continue</p>	<p>[3] Select the picture to learn more about how the stress impacts the brain and body.</p> <p>[4] Select next to continue</p>	 <p>Change state of next button to NORMAL when light box closes</p> <p>Select next to continue</p> <p>[4] appears in the lower right corner</p> <p>Learner advances to next slide by selecting the next button</p>	
Lightbox	<p>[1]The body experiences stress when there is a [2]perceived threat or unmet need. This is known as the “fight or flight” response.</p> <p>[3]In order to reverse this response, the brain must trigger the relaxation response through breathing exercises and calming thoughts.</p> <p>[4]Practicing these skills when calm can train the brain to use these behaviors when faced with a stressful situation.</p> <p>Close by selecting the X</p>	<p>[1] Fight or Flight Response: [2]body’s response to perceived threat</p> <p>[3] Breathing techniques</p> <p>Calming thoughts</p> <p>[4] Train your brain through regular meditation</p>	<p>Background image:</p>  <p>Change state of next button to HIDDEN when timeline starts</p> <p>Include a video of the brain/body from content library</p> <p>[1,2,] FADE After 5.5 seconds FADE</p> <p>[3] FADE After 5.5 seconds FADE</p> <p>[4] FADE</p> <p>Learner closes the light box by selecting the x to close it</p>	

<p>2.2 Health Benefits</p>	<p>[1] Meditation provides many health benefits. Select an icon to reveal.</p> <p>As you learn the wellness benefits, think about which one would create the biggest impact on your day to day life.</p> <p>[4] Select next to continue</p>	<p>[slide title] [1] Why is Meditation Good for your Health?</p> <p>Manage stress</p> <p>Stop repeated thoughts</p> <p>Increase awareness through breathing exercises</p> <p>Release tension stored in muscles</p> <p>Contain anxiety</p> <p>[4] Select next to continue</p>	<p>Background image:</p>  <p>Change state of next button to HIDDEN when timeline starts</p> <p>Select the marker to hear the health benefit</p>  <p>Marker is gray circle with shadow- Increase line width to 35</p> <p>Orange border, black letters, white background with 40% opacity Change state of next button to NORMAL when all markers have been revealed</p> <p>Select next to continue [4] appears in the lower right corner</p> <p>Learner advances to next slide by selecting next button</p>	
<p>2.3 Knowledge Check</p>	<p>[1] Let's check your knowledge.</p> <p>[2] Select the health benefits of mediation from the list below.</p> <p>[4] Select submit to continue</p>	<p>[slide title][1] Knowledge Check</p> <p>[2] Select the box next to each health benefit of a meditation practice.</p> <p>[pick many choices]</p>	<p>Background image:</p>  <p>Change state of next button to HIDDEN when timeline starts</p>	

		<p>[3] stop repeated thoughts</p> <p>manage my stress</p> <p>help me lose weight</p> <p>release tension in my body</p> <p>organize clutter around my house</p> <p>increase awareness through breathing</p> <p>[4] Select submit to continue</p>	 <p>[3] transparent rectangle appears with the Pick Many</p> <p>Check boxes next to each of the 6 options for pick many</p> <p>Learner selects the box for each Pick Many</p> <p>[4] appears in the lower right corner</p> <p>2,3 Results of 1.3</p> <p>When learner submits results, show layer :</p>	
Results layer of 2.3	<p>[1] Let's see how you did.</p> <p>The correct health benefits are:</p> <p>[2] Stop repeated thoughts</p> <p>[3] Manage stress</p> <p>[4] Release tension in body</p> <p>And [5] increase awareness through breathing</p>	<p>[slide title][1] Knowledge Check Results</p> <p>[2] Stop repeated thoughts</p> <p>[3] Manage stress</p> <p>[4] Release tension in body</p> <p>[5] increase awareness through breathing</p>	<p>Base layer remains but hide: "Check boxes..."</p> <p>✓ one each on reason 1, 2, 4, 6.</p> <p>Auto advances to next slide when timeline ends</p>	
2.4 Common Roadblocks	<p>You may be aware that meditation is a great wellness habit.</p>	<p>[slide title][1] Common Roadblocks</p>	<p>Background image:</p>	



Change state of **next button** to **HIDDEN** when timeline starts

Use parallelogram shapes to create an accordion feature

Easy layer: Use an icon (finger snapping) on the normal state

Calm layer: Use an icon (mind with gears) on the normal state

Time layer: Use an icon (clock) on the normal state



[Add Motion Path-Straight line](#)





Layer closes when use clicks X on each tab (appears in the upper right of the parallelogram when open)

Change state of **next button** to **NORMAL** when “select next to continue” appears on the screen in the lower left corner

Parallelograms slide to reveal the layer and words.



<p>Easy Layer</p>	<p>Meditation is a skill that takes practice. As any skill, the more you practice, the more successful you will be. When starting a meditation practice, it is helpful to try different types of meditation to find a style that feels comfortable.</p>	<p>“It Shouldn’t be so hard”</p> <p>Meditation is a skill that takes practice. As any skill, the more you practice, the more successful you will be. When starting a meditation practice, it is helpful to try different types of meditation to find a style that feels comfortable.</p>	<p>Background image</p>  <p>Motion path to close accordion before moving to the next layer</p> <p>Layer hides when motion path ends</p>	
<p>Calm Layer</p>	<p>Many people have trouble calming their mind and body during meditation. This makes them think they can’t meditate. Using guided meditations allow the brain focus on the words being spoken. Starting with 5-minute sessions helps train the brain to be still.</p>	<p>“My Mind won’t Stop Racing”</p> <p>Many people have trouble calming their mind and body during meditation. This doesn’t mean they are unable to practice this habit. Using guided meditations trains the brain to focus on the words being spoken. Starting with 5-minute sessions helps train the brain to be still.</p>	<p>Background image</p>  <p>Motion path to close accordion before moving to the next layer</p> <p>Layer hides when motion path ends</p>	
<p>Time Layer</p>	<p>Our lives are busy. Meditation may feel like one more thing to add into an already busy day. Do you spend 5 minutes a day feeling anxious or</p>	<p>“I Don’t have Time”</p> <p>Our lives are busy. Meditation may feel like one more thing to add into an already busy day. Do you</p>	<p>Background image</p>	

	<p>stressed? Taking that time to meditate can improved your health all day.</p>	<p>spend 5 minutes a day feeling anxious or stressed? Taking that time to meditate can improved your health all day.</p>	 <p>Motion path to close accordian before moving to the next layer</p> <p>layer hides when motion path ends</p>	
<p>2.6 Learning Path</p>	<p>[2] Choose a button to learn an important part of creating a meditation practice</p> <p>When you are ready to take the quiz, click quiz button</p>	<p>[slide title][1] Choose your Learning Path</p> <p>[2] Choose a button to learn an important part of creating a meditation practice</p>	<p>[slide title][1] Choose your Learning Path</p> <p>[2] choose a button to learn an important part of creating a meditation practice.</p>  <p>State change on button for hover and visited state:</p>  <p>*Visited state is clear not white</p> <p>Find a Meditation Button sends learner to 2.7 Find Meditations Time of Day Button sends learner to 2.8 Time of Day Types of Meditation Button sends learner to 2.9 Types of Meditation Positional Changes Button sends learner to 2.10 Positional Choices</p>  <p>Start Quiz Button sends learner to 3.1</p>	
<p>2.7 Finding sites</p>	<p>[1] Hopefully by now you may feel</p>		<p>Change state of next button to HIDDEN when timeline starts</p>	

encouraged and empowered to begin your own meditation. Your next question may be to know where to find the type of meditation that will suit your needs.

[2] many apps provide meditations of all types. you need to decide if you want to access [3] free meditations or pay for a subscription to assign.

[4] This is a personal decision since there are many great meditations found on both types of sites.

[5] free apps require no money or subscription for example you can search YouTube for meditations of different lengths, types and recorded by a variety of creators.

[6] paid apps like come off and have some free meditations to get you started however they offer in app purchases or monthly subscription fees to

[slide title] **Where do you Find Meditations?**

[2] Free Apps
Paid Apps

[3 appear in the brown rounded rectangle]

Meditation by Soothing Pond
Insight Timer
YouTube
Smiling mind

[4] 10% Happier
Headspace
Calm
Aura

[5] YouTube [state change]

[6] Calm [state change]

[2]



Names of apps appear in the same shade as the icons-

[3-4] [Names of apps appear on these. Free on the right. Paid on the left]



[5]



[6]

App names: **FADES** in one second apart and remain on screen:
State Change: Open Sans size 16
Hex #FCD5B5



[5] Other free app names **FADE** and YouTube icon **FADES** at the same time as YouTube state change: Open sands extra bold size 32






[6] Other paid app names **FADE** and Calm icon **FADES** at the same time as Calm state change: Open sands extra bold size 32





Select next to continue






[4] appears in the lower right corner





Learner advances to 2.5 by selecting next button

	gain access to various meditations select next to continue			
2.8 Times of Day	<p>[1] When is the right time to meditate? that is up to you based on your schedule</p> <p>[2] Select a clock to learn common times people find meditation beneficial.</p>	<p>[slide title] When is the Right Time to Meditate?</p> <p>[2] Select a clock to learn common times people find meditation beneficial.</p>	<p>Change state of next button to HIDDEN when timeline starts</p>  <p>Use a clock icon combine with a orange circle that correlate with the background image.</p> <p>There should be 4 icons turned at different angles, so the clocks represent morning, lunch break, evening and bedtime.</p> <p>The following images will appear on each image in a black outlined circle the center of the 4 clock icons. Include the Time of Day in the center of the image as listed below:</p>  <p>When user clicks a clock, it will reveal each layer and change the state of the circle to its selected state then visited when clicking on the next circle.</p> <p>Pause audio on base layer when another layer is shown</p> <p>Change state of next button to NORMAL when all layers have been visited</p> <p>Select next to continue</p> <p>[4] Select next to continue appears in the lower right corner</p> <p>Learner advances to slide 2.6 by selecting next button</p>	

Morning Layer	Meditating in the morning enables you to cope with frustration and stress during the day.	Morning		
Lunchtime Layer	during a lunch break is a great time to calm the nervous system with the meditation.	Lunch Break		
Evening Layer	After a stressful day, an evening meditation helps you feel calm and remain present	Evening		
Bedtime Layer	Sleep meditations help relax the brain and stop the repetitive thoughts or worries.	Bedtime		
2.9 Types of Meditation	<p>[1] Did you know that there are many types of meditation. It is common to focus on one style when beginning. [2] Learn about each style and listen to a sample of each on.</p> <p>[3] Select teach tab to learn about that style of meditation. You will get a chance to hear a sample of each type.</p>	<p>[slide title] What are Some Different ways to Meditate?</p> <p>[3] Select a tab to learn about that style of meditation.</p> <p>4] Select next to continue</p>	<p>Change state of next button to HIDDEN when timeline starts</p>  <p>[2] This button/tab/hotspot/rectangle image will appear on the</p> <p>When learner clicks on a tab, the tab and the info rectangle turn white. Base layer remains visible and active</p> <p>Previous layer audio should pause when new layer is selected</p>	

	<p>4] Select next to continue</p>		<p>[3]  Audio icon will appear on layer towards the end of the audio</p> <p>Learner clicks audio icon to hear a sample. Pause audio on layer when audio icon is clicked</p> <p>Each layer will be accompanied by a photo to the left of the text such as the image below</p>  <p>Change state of next button to NORMAL when all layers have been visited</p> <p>Select next to continue</p> <p>[4] appears in the lower right corner</p> <p>Learner advances to 2.5 by selecting next button</p>	
<p>Guided layer</p>	<p>[1] Guided meditation is led by a teacher in person or via audio or video and instruction regarding what to do envision or think about.</p> <p>[2] What are the benefits? give you a sense of calm peace and balance</p>	<p>[1] led by a teacher in person or via audio or video and instruction regarding what to do envision or think about.</p> <p>[2] What are the benefits? give you a sense of calm peace and balance</p>	 <p>[3] </p>	

	[3] select the audio icon to hear an example			
Mantra layer	<p>Mantra meditation uses a repetitive sound or phrase to clear the mind</p> <p>What are the benefits? increase calm and self-awareness while reducing stress</p> <p>[3] select the audio symbol to hear an example</p>	<p>Mantra meditation uses a repetitive sound or phrase to clear the mind</p> <p>What are the benefits? increase calm and self-awareness while reducing stress</p>	 <p>[3]</p> 	
Mindfulness layer	<p>[1] Mindfulness meditation focuses on your breathing and awareness of thoughts</p> <p>What are the benefits? reduce the stress lowers heart rate and improves sleep by reducing stress</p> <p>[3] select the audio icon to hear an example</p>	<p>[1] Mindfulness meditation focuses on your breathing and awareness of thoughts</p> <p>[2] What are the benefits? reduce the stress lowers heart rate and improves sleep by reducing stress</p>	 <p>[3]</p> 	
Chakra layer	<p>chakra meditation clears the seven key energy points known as chakras located down the center of the body</p>	<p>clears the seven key energy points known as chakras located down the center of the body</p>		

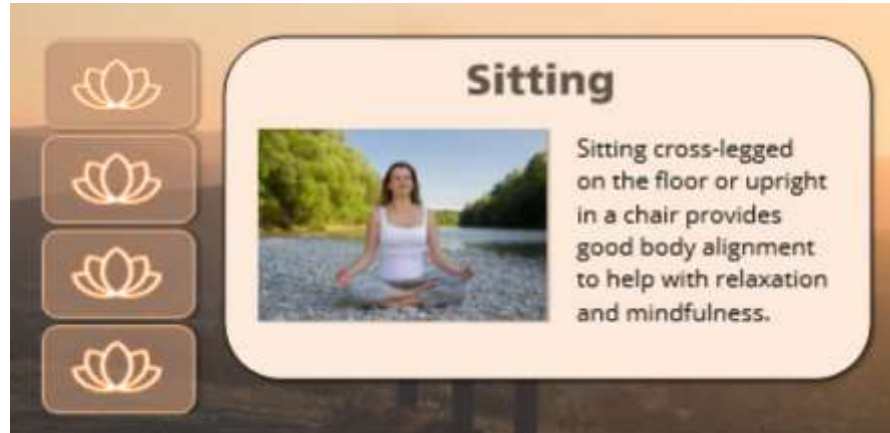
	<p>[2] What are the benefits? how to feel relax and promote a sense of peace</p> <p>[3] select the audio icon to hear an example</p>	<p>[2] What are the benefits? how to feel relax and promote a sense of peace</p>	<p>[3]</p> 	
Progressive layer	<p>Progressive meditation is a relaxation technique that has you focus on one body part or muscle group at a time</p> <p>What are the benefits? enables you to release the tension you are holding in your body</p> <p>[3] select on the audio icon to hear an example</p>	<p>Progressive meditation is a relaxation technique that has you focus on one body part or muscle groups at a time</p> <p>What are the benefits? enables you to release the tension you are holding in your body</p>	 <p>[3]</p> 	
2.10 Positional Choices	<p>[1] What does meditation look like?</p> <p>[2] that is up to you!</p> <p>[3] select on a rectangle to learn more about options regarding what your meditation looks like.</p> <p>[4] Select next to continue</p>	<p>[slide title] What Does it Look Like?</p> <p>[2] That is up to you!</p> <p>[4] Select next to continue</p>	<p>Background image:</p>  <p>Change state of next button to HIDDEN when timeline starts</p> <p>[2] FADES in then FADES out after 2.5</p> <p>Keep base layer visible</p> <p>base layer will show 4 buttons identical to this, stacked like a tower. They will be aligned on the left side of the info rectangle</p>	



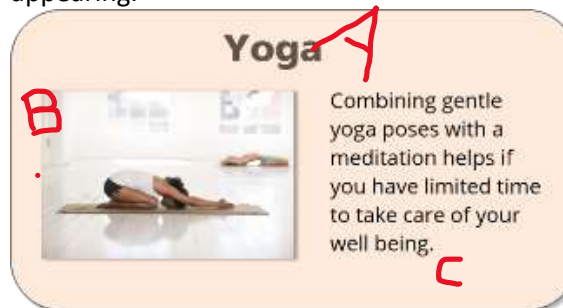
visited the button will change states and colors



After button has been clicked to reveal a layer, the button changes colors (in a state change to visited)



On each layer, this rounded rectangle will show with base layer still appearing.






A: Body Position/Layer


B: photo-with shadow (sitting, walking, laying, yoga)

C: Description




Return to base layer when timeline ends on each layer



Change state of **next button** to **NORMAL** when all layers have been visited


			<p>Select next to continue</p> <p>4] appears in the lower right corner</p> <p>Learner advances to next slide by selecting next button</p>	
Sitting Layer	Sitting cross-legged on the floor or upright in a chair provides good body alignment to help with relaxation and mindfulness.	<p>Sitting</p> <p>Sitting cross-legged on the floor or upright in a chair provides good body alignment to help with relaxation and mindfulness.</p>	 <p>HIDE LAYER when timeline ends on this layer</p>	
Laying Layer	Laying down on their back or side helps many people relax their mind and body you will still get the benefits even if you fall asleep.	<p>Laying</p> <p>Laying down on their back or side helps many people relax their mind and body you will still get the benefits even if you fall asleep.</p>	 <p>HIDE LAYER when timeline ends on this layer</p>	
Walking Layer	Walking is a great way to calm your brain for a meditation. You can focus on breathing patterns or listen to a meditation on the move.	<p>Walking:</p> <p>Walking is a great way to calm your brain for a meditation. You can focus on breathing patterns or listen to a meditation on the move.</p>	 <p>HIDE LAYER when timeline ends on this layer</p>	

Yoga Layer	Combining gentle yoga poses with a meditation helps if you have limited time to take care of your well-being.	Yoga Combining gentle yoga poses with a meditation helps if you have limited time to take care of your well-being.	 <p>HIDE LAYER when timeline ends on this layer</p>	
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Scene 3: Evaluation

Slide	Narration	On-Screen Text	Visuals	Notes
3.1 Introduction	<p>[1] You'll be able to demonstrate what you've learned about meditation in the next 5 questions.</p> <p>[2] you will need to score at least 80% to pass if not you will have a chance to retry the quiz</p> <p>[3] Start Quiz by selecting the button</p>	<p>[slide title] Apply what you've Learned</p> <p>[1] You'll be able to demonstrate what you've learned about meditation in the next 5 questions.</p> <p>[2] you will need to score at least 80% to pass if not you will have a chance to reach the quiz</p> <p>[3] select submit to enter your answer on each quiz</p>	<p>Background image</p>  <p>Change state of next button to HIDDEN when timeline starts</p> <p>[1] Slide title FADES out at 2 sec</p> <p>Learner will advance the slide by selecting the Button</p> 	
3.2 Question 1	<p>[Quiz slide] Question 1 Meditation looks the same for everyone.</p>	<p>[slide title] Question 1</p> <p>Meditation looks the same for everyone.</p> <p>[answer choices] True False</p>	<p>[Background image</p>  <p>Change state of next button to HIDDEN when timeline starts</p> <p>[1] Slide title FADES out at 2 sec</p>	

			<p>Correct answer is in bold</p> <p>Learner will advance the slide by clicking the SUBMIT button on the player</p>	
3.3 Question 2	<p>[Quiz slide] [1] Question 2</p> <p>Which type of meditation involves clearing the energy out of 7 key areas of the body?</p>	<p>[slide title][1] Question 2</p> <p>Which type of meditation involves clearing the energy out of 7 key areas of the body?</p> <p>[Multiple Choice]</p> <p>Manta</p> <p>Guided</p> <p>Progressive</p> <p>Chakra</p>	<p>Background image</p>  <p>Change state of next button to HIDDEN when timeline starts</p> <p>[1] Slide title FADES out at 2 sec</p> <p>Correct answer is in bold</p> <p>Learner will advance the slide by clicking the SUBMIT button on the player</p>	
3.4 Question 3	<p>Question 3 [scenario]</p> <p>Jennifer receives a call at work call from the principal of her son's school. She has an important presentation after lunch.</p> <p>[2] Design a meditation session to calm Jennifer's stress and allow her to be present for her job.</p> <p>[3] Drag each bar in column B to its match in column A</p>	<p>[slide title] [1] Question 3</p> <p>Jennifer receives a call at work call from the principal of her son's school. She has an important presentation after lunch. [2]</p> <p>[3] Drag each bar in column B to its match in column A</p> <p>Column A [A] Column B</p> <p>[B]</p> <p>[mix up order]</p> <p>[A] Time of Day [B] Lunch</p> <p>Break</p> <p>[A] Body Position [B]Walking</p>	<p>Background image</p>  <p>Change state of next button to HIDDEN when timeline starts</p> <p>[2] FADE</p> <p>[3] FADE</p> <p>Learner will advance the slide by clicking the SUBMIT button on the player</p>	

		[A] Type of Meditation [B]Guided [A] Desired Outcome [B]Lower Stress		
3.5 Question 4	[1] Question 4 The two apps listed below are popular places to find meditations. [2] move the free app here. [3] move the subscription app here	[slide title] [1] Question 4 Determine which app is free and which requires a subscription.	Background image  Change state of next button to HIDDEN when timeline starts	[




			<p>[1] Slide title <i>FADES</i> out at 2 sec</p> <p>[2] Arrow <i>FADES</i> above free icon/iPad</p> <p>[3] Arrow <i>FADES</i> above paid icon/iPad</p> <p>Learner drags the apps to either the free “drop zone” or the paid “drop zone”</p> <p>Learner will advance the slide by clicking the SUBMIT button on the player</p>	
<p>3.6 Question 5</p>	<p>[1] Here are the five types of meditation you learned about in this course.</p> <p>[2] Drag the picture and drop it on the correct description</p> <p>[3] focusing attention on one muscle group at a time to release tension stored in the body</p> <p>[4] repeating a sound or phrase to reduce stress and increase self-awareness</p> <p>[5] following a teacher’s voice in person but audio or video in order to gain peace</p>	<p>[slide title] [1] Question 5</p> <p>[2] Drag the type of meditation to the description</p> <p>[3] focusing attention on one muscle group at a time to release tension stored in the body</p> <p>[4] repeating a sound or phrase to reduce stress and increase self-awareness</p> <p>[5] following a teacher’s voice in person but audio or video in order to gain peace</p>	<p>Background image</p>  <p>Change state of <i>next</i> button to <i>HIDDEN</i> when timeline starts</p> <p>[1] Slide title <i>FADES</i> out at 2 sec</p> <p>All squares start on screen and remain throughout</p> <p>[3] [4] [5] State change to highlight drop zone-state change to enlarge and change color within color scheme</p> <p>Learner will drag the correct photo/name combo and drop it on the target-the definition</p>	


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3.7 Results	This course requires a [1] score of 80% to pass. [2] if your score is lower than 80% you must retry the quiz. [3] Select the view results button to determine your next steps	[slide title] Quiz Results Passing Score: 0% (0 points) Your Score: 0% (0 points)	Background image  Change state of next button to HIDDEN when timeline starts [1] Slide title FADES out at 2 sec	

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			 <p>Button sends to success or failure layer based on score</p>	
Failure Layer	[1] You did not earn a passing score.	[1] You did not earn a passing score. Try the quiz again by clicking the button below.	Text appears on this shape	

Retry Quiz

			<p>Learner clicks button retry quiz</p> <p>Button advances learner to 3.2</p>	
Success Layer	<p>Congratulations! You learned the important information you need to build a meditation practice.</p>	<p>Congratulations</p>	 <p>Advances to slide 3.8 automatically</p>	
3.8 Summary	<p>[1] In this course, you learned the health benefits of meditation.</p> <p>[2] You have also learned details that can help you build a meditation practice of your own.</p>	<p>[slide title] Summary</p> <p>[1] In this course, you learned the health benefits of meditation.</p> <p>[2] You have also learned details that can help you build a meditation practice of your own.</p>	 <p>Lotus flower appears to the left with each section of text</p> <p>Lotus flower and text FADE in</p> <p>First stays on screen</p> <p>Learner will advance the slide by clicking the next button on the player</p>	
3.9 Closure	<p>[1] Thank you for completing this course. You are now ready to enjoy the health and wellness benefits that come with practicing meditation.</p>	<p>[slide title] [1] Thank You</p> <p>Thank you for completing this course.</p> <p>You are now ready to enjoy the health and wellness benefits that come with practicing meditation. [2]</p>	<p>Learner ends course and submits to LMS system by clicking button</p> <p>[2]</p> 