

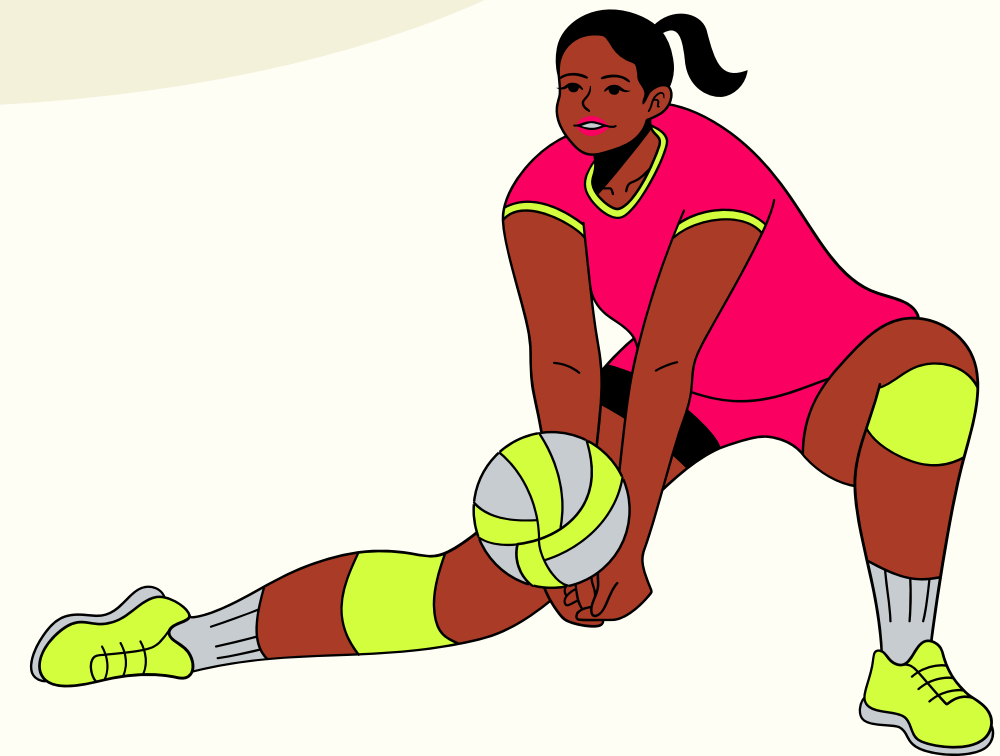
# **INACTIVE STUDENTS**

## MODULE 4: MEDITATION

## Learning objective:



- breathing techniques
- meditation for kids



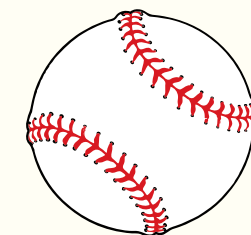
## CONTENTS:

- Exercises which release emotional stress during the school day
- Exercises which reduce anxiety
- Yoga breathing



# Exercises which release emotional stress during the school day

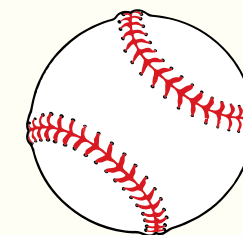
Emotional stress related to school is overwhelming and hits a lot of students nowadays. Not only will it demotivate the student to do the work but it will impact considerably its academic achievement. These exercises below can be done during a school day, to relax and be more productive and calmer for the rest of the day. The best thing is to do these exercises in a quiet place with no disruption around.



## Exercise technique

**1-** Sit comfortably in a chair, close your eyes. Shift focus attention from your thoughts to the rhythm of breathing. Take 5 cycles of "inhale- exhalation. The exhalation is slightly longer than the inhalation.

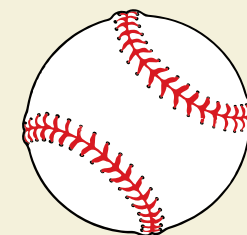
**2.** Then shift the focus of attention to the sensations in the body. If your attention has shifted and you are thinking about something, be aware of the distraction. Distraction is natural. Let go of that distraction, gently, returning the focus of attention to the breath. As you inhale, explore the tension in the body (stress is most often manifested by bodily tension), and as you exhale, relax. Study the tension in the back, neck, face. Do several cycles until you feel that the muscles are not tense.



## Exercise technique

**3.** Do 5 breaths again. Exhale slightly longer inhalation.

**4.** At the end of the exercise, open your eyes, ask yourself the question: "What is important to me now?" Maybe it will be something very simple, like drinking water.



## Exercise for teaching breathing exercises

**Target:** learn breathing exercises, exercises will help get rid of internal tension.

Instructions: Stand up and close your eyes, take a deep breath and imagine that inhaling, you are climbing up the rainbow, and exhaling, you slide off it, as if it were a slide. The exercise is repeated 3 times. Then repeat this exercise 7 times with your eyes open.





## Exercise "Magic Words"

**Target:** learn to find words that will help get rid of feelings of anxiety

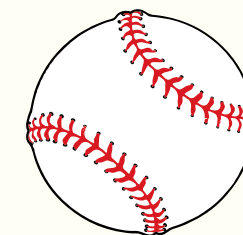
Instruction: remember a situation when there was a feeling of excitement. Then say a magic word to yourself, for example: "peace", "silence", "gentle coolness" or others, the main thing is that they help.





## Exercises which reduce anxiety

Very often, the appearance of anxiety is accompanied by doubts about their competence and effectiveness. The person begins to over-criticize himself. Prolonged thinking about troubling topics and fixation on negative aspects causes a decline in activity and fatigue.



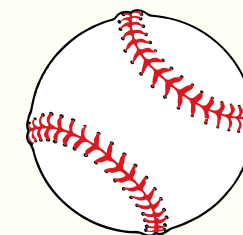
# Exercise 1

Ask yourself a series of questions:

- How true is this?
- How useful is it for me to think about it now (can it help me in some way)?
- Would I talk about this to a close and dear person?

As soon as you notice that thoughts on certain topics are repeated, ask yourself: "What new thing can I say to myself?"

Answers to these questions will allow you to understand reality more accurately.

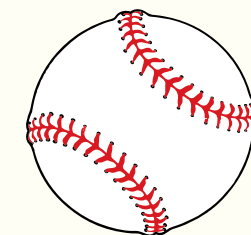


## Exercise 2

When in an alarming situation, ask yourself this question:

How can you look at this situation differently? What will this situation look like from a greater emotional distance? Or look at the situation through the eyes of another person? What would this situation look like after a while?

Analyse your answers. Did your emotional attitude towards the situation change at the end of the assignment?

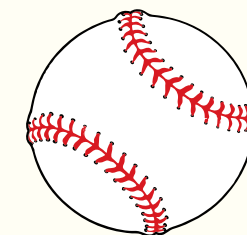


## Exercise 3

Purpose of the exercise: removal of psycho-emotional stress.

We suggest you do "emotional gymnastics":

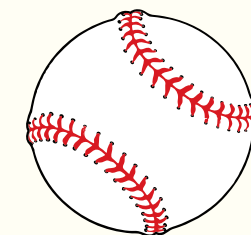
1. Try to feel as if you just woke up, and you slept well.
2. Relax and try to feel as if you are now start yawning. Raise your eyebrows and wrinkle your nose (facial expressions like when yawning). Yawn with delight.
3. Remember something extraordinarily pleasant in your life and smile. Hold a smile on your face.
4. Imagine that you are an athlete who has won. Rejoice.
5. And now: yawn, relax, smile and, again, rejoice.



# Yoga breathing

We explain to children that breathing is something we do involuntarily from birth, but we can control it if we want to. Exercises are suggested to children to keep fit. The important thing is to offer our students engaging experiences even while staying at home.

For this activity, we need Candles, relaxing music, and a torch. We can do it outside in the playground, generally in any space indoors. We also need a music speaker

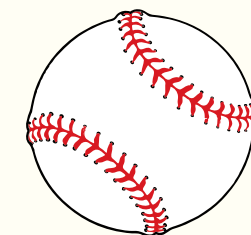


## First exercise

- First, the children arrange themselves in a circle around the teacher and take a deep breath, simultaneously raising their hands with the palms facing up, until they reach the height of the head.

When we have taken all the air, we release it slowly by lowering the hands with the palms facing down, until reaching the tip of the toes. We repeat three times.

- Then they will take air through their nose, covering one of the nostrils, and when they release it, they will have to cover the other.





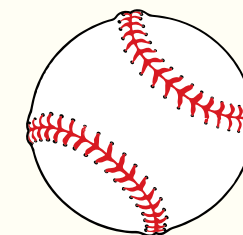
## Second exercise

-We light a candle, and the children sit around it. Each one is called individually, and they approach the candle taking air and releasing it very slowly so that the flame does not go out.

Once they are relaxed, we will introduce kids to yoga with some easy poses suitable for their age. We will start with the tree pose.

The session will end with the game of fireflies:

- The children will be sitting on the carpet with the lights off and the teacher will tell them the story of the firefly that hides in the classroom. The children will get up and will have to walk slowly without making any noise in search of the firefly. The teacher will take a flashlight and focus on a place in the class, the children will follow the light to try to catch the firefly. When they arrive, you will quickly change seats.





**THANK FOR  
YOUR  
ATTENTION**

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