



Date: November 2021	Age group: Post-Primary (12 years-18 years)
Lesson objective(s): <ul style="list-style-type: none">• To become familiar with why people practise meditation• To practise a mindful meditative exercise and identify the feelings experienced during the activity• To recognise how meditation could be a helpful tool to take some time out of our busy lives	
Resources needed: <ul style="list-style-type: none">• Meditation Handout<ul style="list-style-type: none">- Create a mind-map/list with ideas of why people meditate- Write or draw the different feelings you experienced during the 10 minute guided meditation• Guided Relaxation: Ocean Escape YouTube clip: https://www.youtube.com/watch?v=ar_W4jSzOIM• Pens• Whiteboard	
Description of lesson: <ul style="list-style-type: none">• Begin with discussion around meditation and what the students understanding of the word is, record answers on whiteboard/interactive whiteboard• Distribute meditation handout and ask students to list reasons or make a mind-map of why they think people meditate• Ask students to share answers, record on whiteboard• Introduce the Guided Relaxation: Ocean Escape, ask students to sit comfortably and listen to the video• After the video has finished, ask students to complete the follow on activity on the handout: write out the different feelings you experienced during the meditation or make a drawing to represent how you felt during the meditation (<i>student choice</i>)• After the lesson, ask students if their understanding of why people meditate has changed and if so, why they think this is	

Outcome:

- Students explore meditation as a tool to ground themselves in times of busyness or stress
- Students practise a short, accessible mindful meditation
- Encourage students to identify their feelings in the mindful meditation

Next steps/follow-on activity:

- Encourage students to use practise mindful meditation if they found the exercise helpful
- Encourage students to identify times when mindful meditation could be particularly useful