

## How do I begin.

- Location is very important. A quiet and spacious place in your school is ideal. Outside on the grass can be good if weather permits. Otherwise use a classroom by moving the desks aside. If you have a school chapel you can use this space or you can find a grassed area and ask students to lie on their backs on the grass.
- Music- Play some soft music if possible at the start. "Enya." Is good or any relaxation music, ideally instrumentals. Most ABC shops have an array of relaxation albums.
- Posture is important. I find lying down to work best. Or beanbags work well. Some occasionally fall to sleep but usually it is a light sleep where they participate in the visualisations anyway. Shoes off, if possible. If sitting then ideally with their backs against a wall with their legs crossed and hands in their laps. If lying down then they should be on their backs in order to allow for relaxed breathing exercises.
- These simple breathing exercises are always a good way to start. The first time you do it, keep it brief. The initial meditation should take about 8-15 minutes. Eventually students should be able to cope with 30-40 minutes meditations after a time.



When the students are settled ask them to close their eyes and focus their attention on their breathing. Explain that we are going to use our breathing as a way of relaxing parts of our body where tension is stored.

*(Speaking slowly) Fill your lungs with air and hold it for a few seconds...then as you breath out slowly and quietly relax your shoulders (use your own breathing as a guide), then filling your lungs again and holding it... and then as you are breathing out slowly relax your arms....your hands...your fingers)..... then filling your lungs again and holding it... and then as you are breathing out slowly relax your legs.... feet.... toes.... then filling your lungs again and holding it... and then as you are breathing out slowly relax your face muscles, their jaw...cheeks...eyes...temples. Your body should be feeling relaxed, light and limp by now. If there is still muscles which feel tense use your breathing to relax that part of your body.*



I would do this breathing exercise on the first occasion and then build on it with a visualisation on the second occasion.

Dialogue Education