

Calm Kids: Discovering Inner Peace Together

Outline for a Meditation Class for Homeschooled Youth (Ages 8-12)

Duration: 1 hour

I. Introduction (10 minutes)

Welcoming and Ice-Breaking Activity (5 minutes)

Quick interactive activity to make the children comfortable, like a short name game or a fun fact-sharing session.

Explanation of Meditation (5 minutes)

Simple explanation of what meditation is and its benefits.

Emphasis on how meditation can be fun and helpful for relaxation, concentration, and overall well-being.

II. Understanding the Basics (15 minutes)

Breathing Techniques (5 minutes)

Teaching basic breathing exercises.

Practice deep breathing to help children understand how to control and be aware of their breath.

Body Awareness and Relaxation (5 minutes)

Guided activity to bring awareness to different parts of the body.

Techniques to relax each part, promoting mindfulness and relaxation.

Introduction to Mindfulness (5 minutes)

Simple explanation of mindfulness – being aware of the present moment.

A short practice session, like mindful listening to sounds in the environment.

III. Guided Meditation Practice (20 minutes)

Setting the Environment (5 minutes)

Creating a calm and comfortable space.

Suggestions for sitting positions, closing eyes, and focusing inward.

Guided Imagery Meditation (10 minutes)

A guided visualization journey (e.g., a peaceful forest or beach) to help children engage their imagination in a calming way.

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Silent Meditation with Focus on Breath (5 minutes)

The practice of silent meditation focusing on the breath.

Encouraging children to bring their attention back to breathing whenever their mind wanders.

IV. Discussion and Sharing Experiences (10 minutes)
practice.

Group Sharing (5 minutes)

Encourage children to share their experiences and feelings during the meditation.

Discussion about what they liked, what was difficult, and any sensations or thoughts they noticed.

Q&A Session (5 minutes)

Open floor for children to ask questions.
Addressing any misconceptions or concerns about meditation.

V. Conclusion and Take-Home Practices (5 minutes)

Recap of Key Points (2 minutes)

Quick summary of what was learned in the class.
Emphasizing the importance of regular practice.

Take-Home Meditation Activities (3 minutes)



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