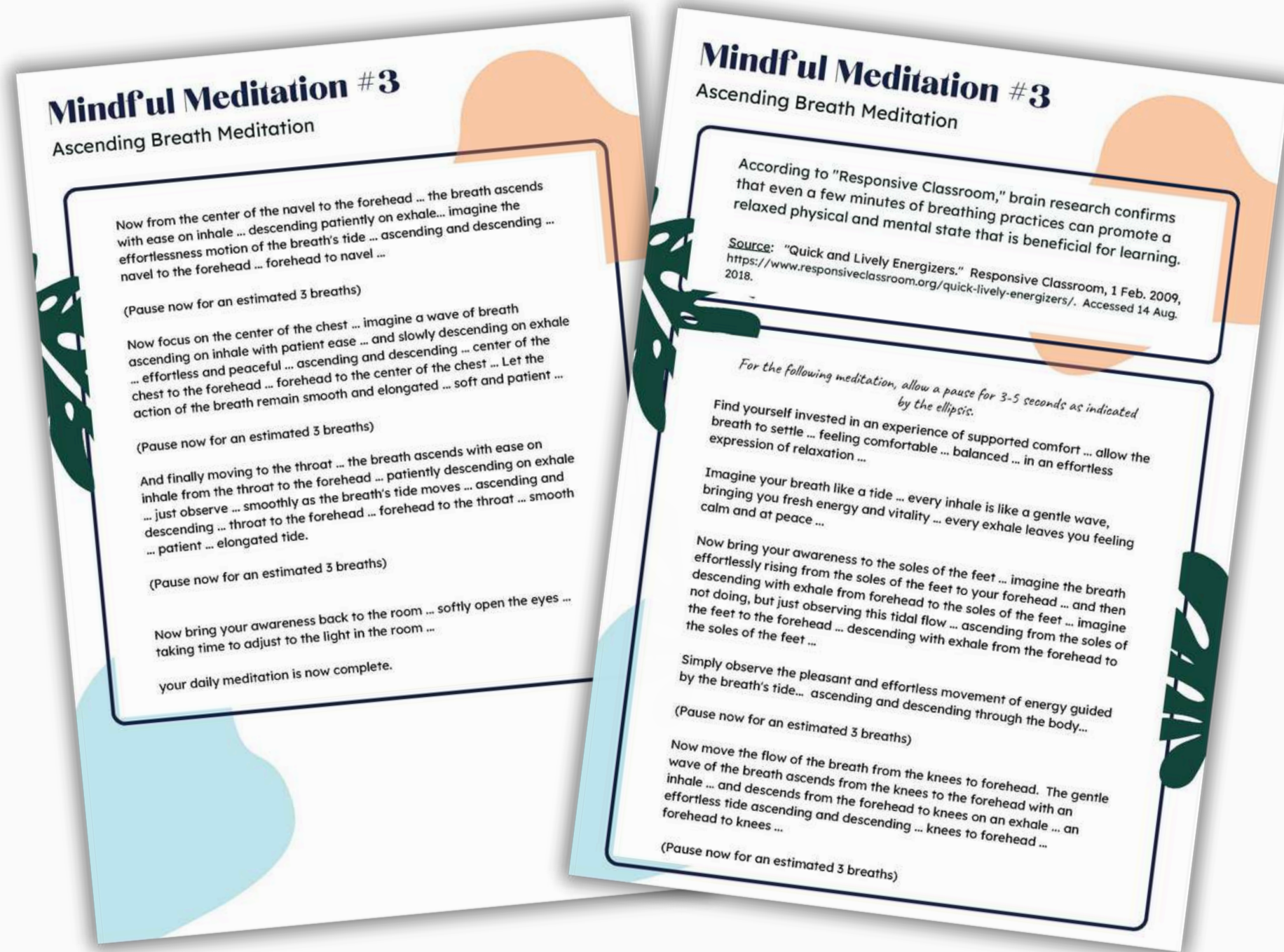


# Mindfulness Meditations for Teens

These guided meditation scripts can be used as a morning meditation activity or as a brain break throughout the day!



- Enhance emotional regulation and self-awareness in students with **five engaging guided meditation scripts** designed for teens
- Incorporate audio recordings in both **WAV** and **MP3 formats** for easy integration into classroom routines or remote learning
- Access **research-based insights** that outline the benefits of each meditation, empowering teachers to effectively communicate their value to students

**Encourage emotional regulation with mindfulness meditations!**

**PURCHASE HERE**

# See what others are saying...

Here's what teachers like you are loving about these **Mindfulness Meditations!**

 **Extremely Satisfied**

Great tool for keeping my students calm throughout class. The scripts are easy to follow and required no prep from me. My students also appreciated the scientific research included.

– Frank S.

 **Extremely Satisfied**

My students call this our "ASMR," and they really look forward to it. I am so impressed with the quality of these recordings and find them the perfect length for my classes. All of the techniques are different from one another, and each one works fantastically with my age group.

– Alana T.

# Included with this resource:

- ✓ 5 **Guided Meditation Scripts** with Cues
- ✓ **Jacobson's Relaxation Technique** Meditation – 5 Min.
- ✓ **Focused Attention** Meditation – 5 Min. 30 Sec.
- ✓ **Ascending Breath** Meditation – 7 Min.
- ✓ **Loving-Kindness Visualization** Meditation – 7 Min. 30 Sec.
- ✓ **Sensory Meditation** – 9 Min.
- ✓ **Research-Based Evidence** to Outline Benefits of Each Meditation
- ✓ **Audio Recordings** for Each Meditation – WAV & MP3
- ✓ **Teacher Instructions** for how to use this resource



**Includes Audio Recordings!**

# 5 Guided Meditation Scripts with Cues

Each script provided with this resource offers a different style of meditation

## Mindful Meditation #1

### Sensory Meditation

According to the George Lucas Educational Foundation, focused-attention activities stimulate the prefrontal cortex, which is responsible for emotional regulation and problem-solving.

Source: Desautels, Lori. "Energy and Calm: Brain Break Practices." George Lucas Educational Foundation, 14 Aug. 2018. <https://www.edutopia.org/blog/brain-breaks-focused-desautels>. Accessed 14 Aug. 2018.

*For the following meditation, allow a pause for 3-5 seconds as indicated by the ellipsis.*

Begin by settling in your seat, and getting into a comfortable position.

Close the eyes... soften the muscles of the face... slow down to an even, rhythmic pace...

Allow the space between your eyebrows to relax... let the tongue to rest from the roof of the mouth...

Bring an awareness to your eyes... notice the eyes' sensitivity, experience deeply the area of the eyes' pressure of your eyelids against your eyes...

Now bring attention to the ears... the right ear... the left ear... together... sense them deeply... notice the way sound enters your ears...

Go to the nose... experience the right nostril... now the left... nostrils together... feel the sensation of your breath entering your nose...

Now bring your attention to the mouth... make no sound... tongue is resting... relax the muscles around the mouth... smile if it feels comfortable to do so...

## Mindful Meditation #2

### Jacobson's Relaxation Technique

According to "AnxietyBC," the Jacobson's relaxation technique brings awareness to the difference between tension and relaxation in order to reduce feelings of anxiety.

Source: "How to do Progressive Muscle Relaxation." AnxietyBC. <https://www.anxietybc.com/sites/default/files/MuscleRelaxation.pdf>. Accessed 14 Aug. 2018.

*For the following meditation, allow a pause for 3-5 seconds as indicated by the ellipsis.*

Settle into a comfortable position in your seat... Close your eyes... bring awareness to your breath...

As you inhale, feel the lungs expanding... as you exhale, let go of thoughts that are circulating your mind...

In a moment, we will be completing a tense-and-release relaxation practice by engaging different muscle groups. Use approximately 75% of your capacity to tense your muscles, and follow with complete relaxation. Use your breath with this technique by inhaling and exhaling as you release and surrender...

We will begin with the face. As you inhale, tense the muscles... tense your forehead, cheeks, mouth, jaw, tongue and upper lip... you exhale, release this tension... observe the relaxing sensation that follows your surrender...

Now move to your shoulders and arms. As you inhale, pull your shoulders upwards and forwards... spread the fingers wide... exhale, release... surrender to the sensation of full relaxation...

Now move to your chest and abdomen. As you inhale, contract your abdomen as if preparing for strong physical contact to the stomach... hold your breath and keep tensing... As you exhale, surrender fully... surrender to the sensation of full relaxation...

## Mindful Meditation #5

### Focused Attention Meditation

The following exercise is a version of a stillness meditation, modified for beginners by using the hands as a point of focus. This meditation increases divergent thinking, which promotes creativity and problem-solving skills.

Source: Colzato, Lorenza S. "Meditate to create." *Frontiers in Psychology*, 18 Apr. 2012, <https://doi.org/10.3389/fpsyg.2012.00116>. Accessed 15 July 2020.

*For the following meditation, allow a pause for 3-5 seconds as indicated by the ellipsis.*

As you find your way into the comfort of your seat, allow the body to find a sense of ease and relaxation... feel where your body meets the seat... notice your breath slowing down... into long, gentle inhaleds... and soft, slow exhaleds... your heart starts to slow... deepening into a sense of relaxation...

Closing your eyes, begin to bring attention to your breathing... start by taking three long, patient breaths...

(Pause here for 3 breaths)

And as you continue to breathe, pay attention to where in your body you feel your breath...

(Pause here for 3 breaths)

Perhaps you feel your abdomen rising and falling... your chest expanding and deflating... or fresh oxygen passing through your nose...

Bring your hands together. Draw your attention to your hands... sensing the palms... the wrists... the fingertips... begin to gently rub your hands together... back and forth... generating heat and energy.

(Pause here for 3 breaths)

## Mindful Meditation #3

### Loving-Kindness Visualization Meditation

Visualization techniques rely on the imagination to include an increase in focus and concentration, leading to decreased levels of stress, anxiety, and improved emotional learning.

Source: Headspace, 1 Feb. 2009, <https://www.headspace.com/meditation/visualization>. Accessed 14 Aug. 2018.

*For the following meditation, allow a pause for 3-5 seconds as indicated by the ellipsis.*

As you find your way into the comfort of your seat, allow the body to find a sense of ease and relaxation... bring your attention to your breath... passing through your head... and imagine your thoughts slowly disappearing...

Now close the eyes... slowing down your thoughts that you need to do... letting go of anything that makes you feel anxious or upset... imagine yourself drifting away from you...

Surrender into the comfort of your stillness... scan through the body as you search for tension... identify any areas not yet comfortable... breeze sweeping over them... giving them a sense of ease...

As you sit here in a relaxed state, begin to focus your attention on your chest... notice the feelings and sensations here... maybe your chest feels light or heavy... notice if there is tension when you breathe... or if there is a sense of ease with each inhale and exhale...

(Pause now for an estimated 3 breaths)

As you meditate on the sensation within your chest... begin to think of someone that you love... imagine someone who radiates positivity...

## Mindful Meditation #3

### Ascending Breath Meditation

According to "Responsive Classroom," brain research confirms that even a few minutes of breathing practices can promote a relaxed physical and mental state that is beneficial for learning.

Source: "Quick and Lively Energizers." Responsive Classroom, 1 Feb. 2009, <https://www.responsiveclassroom.org/quick-lively-energizers/>. Accessed 14 Aug. 2018.

*For the following meditation, allow a pause for 3-5 seconds as indicated by the ellipsis.*

Find yourself invested in an experience of supported comfort... allow the breath to settle... feeling comfortable... balanced... in an effortless expression of relaxation...

Imagine your breath like a tide... every inhale is like a gentle wave, bringing you fresh energy and vitality... every exhale leaves you feeling calm and at peace...

Now bring your awareness to the soles of the feet... imagine the breath effortlessly rising from the soles of the feet to your forehead... and then descending with exhale from forehead to the soles of the feet... imagine not doing, but just observing this tidal flow... ascending from the soles of the feet to the forehead... descending with exhale from the forehead to the soles of the feet...

Simply observe the pleasant and effortless movement of energy guided by the breath's tide... ascending and descending through the body...

(Pause now for an estimated 3 breaths)

Now move the flow of the breath from the knees to forehead. The gentle wave of the breath ascends from the knees to the forehead with an inhale... and descends from the forehead to knees on an exhale... an effortless tide ascending and descending... knees to forehead... forehead to knees...

(Pause now for an estimated 3 breaths)

# Research-Based Article Snippets

This peer-reviewed research introduces the benefits of each meditation practice

According to the George Lucas Educational Foundation, focused-attention activities stimulate the prefrontal cortex, which is responsible for emotional regulation and problem solving.

Source: Desautels, Lori. "Energy and Calm: Brain Breaks and Focused-Attention Practices." George Lucas Educational Foundation, 14 Jan. 2015, <https://www.edutopia.org/blog/brain-breaks-focused-attention-practices-lori-desautels>. Accessed 14 Aug. 2018

Outlines the benefits of each meditation!

# Audio Recordings for Each Meditation

These recordings make it easy to use guided meditations in any classroom setting

Available in **MP3**  
& **WAV** formats  
for each  
meditation!

