



Character Strengths: Guided Meditations

Lesson 1: In and Out

Did you know that we can use our minds and our imaginations to help our well-being? We can use our imaginations to see things in our heads. Let's try it now!

Let's start by closing our eyes and sitting up straight at our places. We place our feet on the floor and our hands relaxed on our laps. Now we can bring our attention to our breath. Notice the air gently coming into your nostrils and then gently coming out. Feel the sensation of the air in your nose. Is it warm or cool? Let's keep our attention on our breath for ten breaths. You can say the words 'in' and 'out' to yourself as you hear me say them. In, out, in, out, in, out, in, out, in, out, in, out, in, out, in, out, in, out.

Now try to notice the air going right down into your lungs as you breathe. Put your hands on your tummy so that you can feel it rising and falling as the air goes in and out. This time say the words 'up and down' as you breathe in and out and as you hear me say them. We will notice for 10 breaths again. (Up/down x 10)

This time we will imagine the air going all the way down into our feet, as if our whole body is breathing. You can say the words 'nose' and 'feet' in your head as you breathe in and out and as you hear me say them. (Nose/feet x 10)

Now we will imagine the air going right down through our feet into the earth beneath us. We can feel ourselves connected to the earth and everyone else on the earth. You can say the words me/earth in your head as you hear me say them. (Me/earth x10)

Now you can gently open your eyes and spend a couple of moments bringing your attention back into the room.

You may notice a nice feeling of calmness and relaxation as you concentrate on your breath like this. Try it any time you would like to feel calm!