



## Character Strengths: Guided Meditations

### Lesson 3: Strengths are like Treasure!

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Let's spend a moment bringing our attention to our breath so that we can become peaceful and relaxed. 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. Bring your attention to your breath as we breathe in and out for ten breaths. (In/out x 10).

Now let's remember what we learned about our Character Strengths. They are those great parts of us which are like treasure! Think now about those important parts of yourself and imagine them shining out from inside you like bright golden treasure coins! You might imagine them shining out from inside your heart. Feel your strengths of love, kindness, bravery and fairness all shining out brightly. They give out a strong and powerful light which shines out from deep inside you. Take a few minutes to feel your strengths like treasure coins shining out from inside you. Imagine yourself in a bright bubble of light which is shining from inside you. Now see this bubble getting bigger and surrounding the whole class, now the whole school, and now see it surrounding and brightening up the whole world around us. Feel that lovely feeling of being strong and peaceful. Stay with this feeling now for a little longer. If you find your mind becoming busy or distracted, bring your attention back to your breathing. You can say the words 'shining out' to yourself if you like to help you to keep your attention on the feeling of strength and peace.

*(Pause for around 30 seconds, or more).*

Now it's time to gently open your eyes and bring your attention back into the room. Take a minute to do this, and do some gentle stretching at your place. Remember that you can imagine your strengths shining out like this anytime you want to feel strong and peaceful!