

Materials	Access to the internet
Learning Outcome	Practice a mindfulness meditation exercise.

## Description

Mindfulness has become a very popular practice. It is extremely helpful for relieving stress, managing feelings and thoughts, and building overall self-awareness. One way to do this is by practicing simple meditation techniques. Invite the youth to watch [Meditation 101: A Beginner's Guide](#). After watching the video, ask the youth to try the mindfulness exercise below. Start by doing the exercises for five to seven minutes maximum and increase the length of the exercise as the youth becomes more comfortable with meditation. Act as the narrator for the youth and read the following to them using a slow and soft voice.

- Find a comfortable position with your back straight and your hands in your lap. You can sit with your feet on the floor or get comfortable on the floor if you prefer.
- Pay attention to your breath. (pause)
- Take a few deep breaths in through your nose and out through your mouth. (pause)
- When you are ready, close your eyes or soften your gaze.
- Continue to take deep, slow breaths in through your nose and out through your mouth.
- Try to feel the breath in your belly but do not hold on to it for too long. Exhale slowly.
- Settle into your body by starting at your feet and beginning to relax them.
- Move your way up your body slowly relaxing different body parts and paying attention to body parts that feel tense and need more support to relax. (pause)
- Continue with deep breaths, inhaling and exhaling slowly.
- Start to think about the sky. Think about its blueness and how it's never-ending. Think of the sky as yourself or your mind. Try to see the sky now. (pause)
- Think about your thoughts and feelings. Your thoughts and feelings are like clouds in the sky.
- When thoughts come into your head do not judge them or become attached to them. Simply try to put them in a cloud and watch your thoughts float by. (pause)
- The thoughts and feelings are not good or bad. They are not permanent. They are not who you are. They just **are**.
- There is nothing you need to do with these thoughts except bring your attention to them. If emotions or physical feelings arise, acknowledge them, but then bring your attention back to the clouds.
- The energy you put into these thoughts and feelings can make them grow into big storm clouds or you can let them keep moving by turning into little puffy clouds.

- Remember that there is always the blue sky behind the clouds. That part of you is always there behind the thoughts and feelings. (pause)
- Take a few minutes on your own and just relax into your body and the blue sky. (pause)
- When you are ready, start to slowly bring your attention back to me and open your eyes.

Allow the youth some quiet time after they have completed the meditation. Discuss any questions they may have. The youth can also be encouraged to visit mindfulness and meditation apps such as [Headspace](#) and [Smiling Mind](#) for a variety of different exercises to support them. Remember, meditation is a practice, so in order to reap the full benefits, one must practice meditating regularly.

## Emotional Well-Being Competencies



### THINK

Develop cognitive skills and strategies that facilitate self-management, decision-making, and relationship skills.



### FEEL

Develop affective skills and strategies that facilitate healthy and safe relationships with themselves, with others, and with their environment.



### ACT

Practice behaviour skills and strategies that facilitate responsible decision-making, self-awareness, and social-awareness.



## Reflection Questions

Reflection is important to support learning for emotional well-being. Consider asking the youth the reflection questions below and discuss the answers together.

- *How did your body and mind feel after the meditation exercise?*
- *What other strategies can be used to manage your thoughts and feelings?*