

OUTDOOR MEDITATION

Age 6-18

Topic:

Meditation in the school grounds

Key terms:

Meditation, mindfulness

Estimated time:

10-20 min.

Methods:

Seating circle in green surroundings

What we need:

Time and calm

Activity description:

At the end of a physical or energetic activity experiment with some meditation in a peaceful part of the grounds. This could be teacher-led or free form. Participants choose a relaxed position and they are then encouraged to closely notice the sensations in the school grounds - such as wind, sounds or smells for a short period of time.

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