

Disclaimer

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Christmas Presence

Mindfulness Meditation Script

Adult Information

Meditation is a way in which we can practise being calm and focused on the present moment. Taking a moment to be calm during a busy day can help us to feel relaxed and happy. Taking time to focus on the present can help to settle a busy and racing mind. Mindful meditation can help to keep our mind and body healthy. It can also really help us during times when we are feeling worried, stressed or fearful. Help the children settle a scattered mind by reading aloud this guided meditation script.

Guided Meditation Script

Introduction

Mindfulness is a practice that involves calming the mind so that we can be present. Being present means being fully aware of the here and now. It means listening to our minds and bodies so that we can better understand ourselves.

When we practise mindfulness, we learn to pay attention, to focus and to notice when our mind has wandered. Psychologists have found that we spend nearly 50% of our day not focused but daydreaming!

The run-up to Christmas can be a busy, unsettled time of the year. Our routines may change and our minds can feel even less focused than usual.

Practising mindfulness leading up to and over the Christmas period can help us enjoy the magic and appreciate the celebrations. This activity can be used any time when you are feeling a little overwhelmed.



Settling

For this mindful activity, we will need to make sure we are sitting in a comfortable position. We should have empty hands.

When you feel ready, close your eyes and just notice how your body feels. Is it warm? Do your muscles feel relaxed? Notice parts of your body that are making contact with the floor, the chair or other body parts, such as your hands resting on your lap.



Main Practice

As we relax and notice how our bodies feel, we can begin to focus on our breathing. To do this, we are going to visualise a Christmas star. The star is warm and welcoming in the Christmas sky. It shines brightly, there to guide us.

The Christmas star is a five-pointed star. The five points can be represented by the five digits on our hand. Stretch out the fingers and thumb now on one of your hands. With the other hand, slowly trace around each digit.

Repeat this exercise, slowly tracing the outline of your fingers and thumb but this time, match your breathing. As you trace up along your thumb or finger, breathe in. As you trace down along your thumb or finger, breathe out.

You might like to swap hands and repeat this exercise, breathing slowly and gently, in and out, as you trace up and down, along the digits on your other hand.

Now, keeping that five-pointed Christmas star in mind, stretch out one hand again. Feel the warm glow from the star shining upon you. Now, keeping your eyes closed, see if you can touch each finger or thumb tip with a finger on the other hand. Do this slowly, aligning it with each breath in and out.

As you touch each digit, breathe in and say these words in your mind, 'calm Christmas'.

'Calm Christmas.'

'Calm Christmas.'

'Calm Christmas.'

'Calm Christmas.'

Close

Come back to notice your body and how it feels. Start to notice your surroundings. What can you hear? How does the air feel around you? When you are ready, slowly open your eyes.

Look at your hand and visualise that five-pointed Christmas star. If, at any time, during the Christmas period, you start to feel anxious, stressed or unfocused, you can repeat this breathing exercise, using your hand as the star.

