

Easy Classroom Meditations

(And How to Perform Each One)



Mindfulness Meditation

Simply observe thoughts and emotions as they come and go- without judgement. Don't worry, no special training required! Take a few moments to breathe and just notice thoughts and feelings.



Mantra Meditation

Repeat a calming word, thought, or phrase silently or aloud. Perfect for people who prefer repetition and/or sound, it can quickly tune them into the environment.



Focused Meditation

Use any of the five senses and focus on something internal like breath, or external like counting beads or breaths, listening to sounds, or staring at an object. When the mind wanders, simply return to the focal point.



Progressive Relaxation

In this body-scan meditation you slowly tighten and then relax one muscle group at a time until you have moved through the whole body. You can also scan through the body one area at a time without tensing or relaxing.



Movement Meditations

(Like Yoga, Qigong, Tai Chi)

Often led by certified instructors, they incorporate mindfulness and breathwork to further promote mind-body connection. Free classroom Yoga Brain Break videos and short audio meditations can be found on the Safe Kids Weber Morgan YouTube channel.

