

Dreams and Goals

Calm Me Script - Ages 8-9 - Piece 6

Calm, quiet minds learn better... so let's see if we can quieten our minds down. We are getting quite good at this now...

Take your Calm Me positions... sit nice and straight in your chairs, see if you can sit up with a straight and dignified spine but so that your back doesn't quite touch the back of the chair. Both feet are flat on the floor and your eyes are closed if you feel comfortable to help your mind focus.

Your hands can rest on your tummy to help focus on your breathing.

So feeling calm, breathe in with a slow, relaxed and gentle breath... in through your nose... feeling your tummy expand as the air enters the lungs.

Then breathe out slowly and gently, through your mouth, feeling your tummy go in again as the air leaves the body.

Breathe in... breathe out...

Keep breathing like this and focus your sense of hearing on the sound of the chime...

(Strike the chime once...)

Listen until you can no longer hear the chime resonate...

Then, keep listening very carefully and focus your mind on any thoughts that might be cropping up in your mind right now... breathe... in... out...

Watch for any thoughts happening right now... breathe... in... out...

Notice your thoughts and try to let them glide across your mind like they are gliding across a clear blue sky... Watch a thought as it glides across the sky... not sticking in your mind... gliding away...

Now, change the channel in your mind and bring all your mind's attention to creating a picture of a dream or goal you have right now, maybe a goal for the next few weeks, maybe a dream for your future... invite your mind to create a very clear and colourful picture of your dream or goal... zoom in so you can see it clearly... how does it feel to be achieving that dream or goal? Do you feel proud? Do you feel pleased with yourself? Do you feel appreciation for all the people who helped you?

Just let your mind stay with that picture for a few seconds and feel the pride and pleasure.

(Strike the chime...)

Try to change the channel in your mind and let the picture fade, knowing you can come back to it in your mind whenever you want to.

Then bring your attention back to your breathing...

Notice how calm you feel when you just focus on your breathing...

In... Out...

In... silently counting 1,2,3,4... Out...silently 'I'm so glad that I'm alive'.

(Repeat several times...)

Then when you are ready, I invite you to start to bring your awareness back into the classroom by wiggling your fingers and toes, perhaps having a stretch... and to bring your quiet mind back into this present moment, right here, right now, back in the classroom and ready to learn...