

Meditation & Relaxation

by Tania Court

You will need: candles (scented is good), pillows or cushions.

Simple meditation - light candles, and get all the girls to lie down and close their eyes. Get them to take ten slow, deep breaths. Tell them to image themselves at the top of a staircase. At the bottom of the staircase is a beautiful place, a place where you feel safe and happy. Picture that place, is it the ocean, a rainforest, a room in a house, can you see yourself looking down on that place. Now as I count down picture yourself walking down the stairs, when I get to 20 you'll be at the bottom of the stairs. 1, 2 20 now spend some time exploring your place, breath deeply and just enjoy being in such a wonderful place.

Give them 5 minutes and then tell them to walk back to the staircase. As you count backwards from 20 walk back up the staircase, 20, 19 ... 1. Now take 5 deep breaths and slowly open your eyes. Slowly stretch your muscles and when you're ready sit up.

As the girls are sitting up talk to them about what they've just done - that it's something they can use themselves when they're stressed. That sometime even taking a slow deep breath will help them to relax enough to handle the situation that they're in.



Stressful situations - split the girls into groups and get them to draw a scenario out of the hat. Tell them they have 5 minutes to prepare a role play showing the stressful situation and what the person could do to relax. Give them examples that they will come across. An assignment they don't know how to do. Having to go at to a party where they don't really know anyone. Having a fight with mum or dad.

Tell them it's not about showing "the correct thing to do" in that situation but instead they have to show how are they going to relax enough to figure out the correct thing to do.