

# Meditation Scripts for Classroom Use



## Breathing Meditation

“Welcome everyone! Let’s get started with a couple of breaths as we transition to our class time. Place anything you're holding in your hands (e.g. phones, tablets, pencils, etc.) on your table or on the floor. Lengthen your back and feel both feet on the floor. Let your gaze rest downward, or close your eyes if you are comfortable. Start to notice your breath..the inhalation...the exhalation...As you breathe allow for a bit more space for the breath to fill your lungs. Allow the breath to be easy and gentle. A couple of more breaths in this way..[wait] After the next exhale gently open your eyes if they are closed. Now that we have arrived in this moment, let’s continue with...”

## Mindful Pause

“I recognize that everyone has busy days. Let’s take a moment for a mindful pause before moving on to the next item on our agenda. You may close your eyes if you are comfortable, or keep your gaze soft. Focus your attention either on your breath, or an object in the room, or the sounds you are hearing. Stay with what you chose to focus on for a few seconds, simply noticing, without trying to change anything [wait]. Take a deeper breath and gently open your eyes if they are closed.”



SCHOOL OF MUSIC, THEATRE & DANCE  
**WELLNESS PROGRAM**  
UNIVERSITY OF MICHIGAN

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## Quick Body Scan

“Welcome! Let’s get started with a quick body scan as we transition to our class/lesson/rehearsal time. Place anything you’re holding in your hands (e.g. phones, tablets, pencils, instruments, etc.) on your table or on the floor. Lengthen your back and feel both feet on the floor. Let your gaze rest downward, or close your eyes if you are comfortable. Start to notice your breath..the inhalation...the exhalation...Notice your feet on the floor. Feel the weight of your body as it transfers to the ground. With your mind's eye, travel up one leg, and then the other. Notice any sensations that are coming up. Perhaps the feeling of your skin on your clothes, your muscles, the temperature around your skin. Shift your attention to your pelvis. Then slowly move up your spine. You might notice its shape, or the way it moves as you breathe. Notice your right shoulder, moving down your right arm all the way to your fingertips. Then the left shoulder, down your left arm down to the fingertips. Bring your attention to the back of your neck, and then your face. Notice the muscles in your face, your tongue, the pressure in your eyes. Move down to your chest. Notice any movement in the ribs as you breathe. And finally come back to your breath, noticing movements in your belly as you breathe in and out [pause for a moment]. Gently open your eyes if they are closed and take a deeper breath.”

