

# SITTING PRACTICE: WEEK 5 & 6

## Week 5: Mindfulness Journal

For our purposes, a mindfulness journal is a place where you record the sensations of your mind and body during sitting practice, another tool for self-discovery.

Children don't need to be advanced at writing to participate, and if they're too young, you can simply ask questions and journal for them. Either way, this is a mindfulness practice in its own right and fosters mind-body awareness.

Finally, the mindfulness journal accents and fortifies the meditation practice.

No need for a lengthy questionnaire, we keep it short and sweet. After each session for the next two weeks, ask them the following questions:

- What did your body feel like while sitting? Was it tired, excited, or relaxed?
- What did your mind/brain feel like while sitting? Was it happy, sad, or bored?

### **Duration: 12-13 Minutes**

This week, we will continue with the instructions from two weeks ago to solidify the mantra used, as it promotes self-esteem and positive energy within the child.

### **Instructions/Say the Following:**

“Sit quietly on the pillow with legs crossed.”

“Close your eyes and notice how good the air you breathe feels inside your body.”

“Take three deep breaths and say these words to yourself inside your mind: breathe in ‘happiness,’ breathe out ‘love.’”

“Notice how relaxed you are feeling, and start to smile.”

## Week 6: Momentum and Continuation

**At this point, you have built a solid foundation with five weeks of sitting practice.**

The incremental increase in time each week has also established a reliable momentum that can propel you forward after this final week of the program.

Here are a few tips to help keep the practice on track so it continues to progress:

- Keep making it fun (not a chore).
- Integrate the mindfulness practices suggested in the meditation guide.
- Remind them how good it is for them.
- Make sure you're taking the practice seriously, too (children can tell).

### **Duration: 15-16 Minutes**

Finally this week, we will use imagery and positive emotion as an anchor. This adds a little more fun to the mix. Remember to do this along with them, and try to feel like a kid again (they will sense your energy).

This one may seem a little silly, but try your best to play along. Trust me, it is medicine for the soul.

### **Instructions/Say the Following:**

“Sit quietly on the pillow with legs crossed”

“Take three deep breaths: breathe in good energy, breathe out, think about something funny, and laugh out loud.” (You may need to give them something funny to think about.)

“Keep noticing your breath as you imagine happy thoughts and smile.”

“Notice how relaxed you are starting to feel.”