



Please do not print me!

Remember to print from page 2 to avoid wasting paper and ink.
If you do find me, then visit [twinkl.co.uk](https://www.twinkl.co.uk) to find out why **millions of educators** worldwide love twinkl.

A brief word about copyright...

By downloading this resource, you agree to the following:



You may use this resource for personal and/or classroom use only.

In order to support us, we ask that you always acknowledge www.twinkl.co.uk as the source of the resource. **If you love these resources, why not let others know about Twinkl?**



You must not reproduce or share this resource with others in any form. They are more than welcome to download the resource directly from us.

You must not host or in any other way share our resources directly with others, without our prior written permission.

We also ask that this product is not used for commercial purposes and also that you do not alter the digital versions of our products in any way.

Thank you for downloading!

Twinkl Educational Publishing. Your first choice for easy to use, trusted and high quality teaching materials for educators and parents worldwide
- professionally crafted materials with a personal touch.

[twinkl.co.uk](https://www.twinkl.co.uk)

Simple Ways into Meditation



Meditation is the art of focusing your attention in a mindful, conscious way. Here, you will find some helpful tips to find a route into meditation to bring calmness and flow into your waking life.

1. Start with the breath.

Breathing deep slows the heart rate, relaxes the muscles, focuses the mind and is an ideal way to begin practice. Breathe in deeply, and exhale completely, watching the rise and fall of your chest as you breathe well.

2. Notice the frustration.

It is very common for beginners to think 'why can't I just quieten my mind?' When this happens, really focus in on your breath and let the frustrated feelings go.

3. Experiment with different positions.

Although many of us think of effective meditation as sitting cross-legged with eyes closed, beginners can be more experimental and try different types of meditation. Try sitting, lying, eyes open, eyes closed, etc.

4. Notice your body parts.

A great practice for beginning meditators is to take notice of the body when a meditative state starts to take hold. Once the mind quiets, put all your attention to the feet and then slowly move your way up the body (include your internal organs).

5. Use 'Guided Meditation'.

There are some great free resources available on sharing sites such as YouTube and SoundCloud. Listening to a calming voice talking you through a body parts relaxation (see 4.) can be really helpful.

6. Light a candle.

Candle meditation is a very relaxing way to begin your practice. Lighting a candle and using the orange of the flame as your point of focus allows you to strengthen your attention with a visual cue. This can be very powerful and successful.

7. Try visualisation.

Picture an idyllic setting in your mind. Focus on the picture and let yourself be in the moment, in your ideal place.

8. Be grateful for your practice.

Once your practice is through, spend 2-3 minutes feeling appreciative of the opportunity to practice, and your mind's ability to focus.

Spend quality time helping your mind to focus through meditation, and it will help to bring calmness to your busy, working day.