

# The Tree House Meditation

STAY  
ACTIVE

To guide students through a relaxing journey to a magical tree house, fostering mindfulness, relaxation, and a sense of wonder while enhancing creativity and self-awareness.



## Learning Intentions

**I can practice relaxation and mindfulness through guided meditation:**

This encourages students to focus on deep breathing and staying present in the moment, helping them relax and reduce stress.

**I can use my imagination to explore a peaceful, magical environment:**

This fosters creativity and helps students build a calm mental space using guided visualisation.

**I can reflect on positive emotions and self-worth through the experience:**

This encourages students to appreciate their own strengths and feel good about themselves by imagining positive and joyful experiences.



## Success Criteria

**Following the Guided Meditation:**

Students can follow the guided meditation by focusing on their breathing and the story, ensuring they are engaged in the meditation process and can relax as they follow along.

**Imagining the Magical Tree House and Its Surroundings:**

Students can imagine the magical tree house, its surroundings, and the activities described, fostering creative visualisation and helping students connect with their inner sense of calm and wonder.

**Reflecting on Emotional State After Meditation:**

Students can reflect on how they feel after the meditation and carry those positive feelings with them, noticing their emotional state and recognising the value of relaxation and mindfulness.



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**Objective:** To guide students through a relaxing journey to a magical tree house, fostering mindfulness, relaxation, and a sense of wonder while enhancing creativity and self-awareness.

**Players:** Ideal for individual or group sessions (5-20 students).

## Materials:

- A quiet, comfortable space.
- The video of the meditation (online platform).
- Optional: soft background music or nature sounds.

**Time Required:** 10-15 minutes.

**Setup:** Ensure that students are seated comfortably in a quiet, safe space. Make sure there are no distractions and that the room is conducive to a calm and peaceful experience.

## Gameplay:

1. **Introduce the Meditation:** Begin by inviting students to close their eyes and take three deep breaths. Encourage them to let go of any stress or tension in their muscles and focus on the peaceful journey ahead.
2. **Guide the Journey:** Play the video and allow the students to visualise the story throughout the meditation story:
3. **Encourage Relaxation:** As students visualise the magic of the tree house, gently guide them to relax and enjoy the experience. Remind them that they are safe and can take as much time as they like to enjoy their magical adventure with the fairies.
4. **Return to Reality:** As the story comes to an end, guide students back to the present moment:
  - "You can stay and play with the fairies for as long as you like, knowing that you are amazing and capable of doing anything you set your mind to. I will come back soon to get you. Remember how wonderful and powerful you are."
5. **Reflection Time:** After the meditation, allow a few moments for students to reflect on their experience. Ask questions like:
  - "How did you feel during the journey to the tree house?"
  - "What was your favourite part of the adventure?"
  - "How do you feel now after the meditation?"

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**Winning the Game:** There is no winner in this activity. The goal is to provide students with a peaceful, relaxing experience that helps them practice mindfulness, imagination, and emotional well-being.

**Additional Notes:** "The Tree House Meditation" is a wonderful tool for helping young students practice mindfulness, relaxation, and self-reflection. The imaginative story helps students focus on positive experiences and build a sense of calm. This meditation can be used to help students manage stress, build confidence, and foster creativity and self-worth. It's a great way to introduce relaxation techniques in a fun, engaging manner.