

Sparkling Water Meditation

STAY ACTIVE

To guide students through a relaxing, adventurous meditation, fostering mindfulness, relaxation, and positive emotions while encouraging creative visualisation and emotional well-being.



Learning Intentions

I can practice relaxation and mindfulness through guided meditation:

This encourages students to focus on their breathing and use visualisation techniques to relax and calm their minds.

I can use my imagination to explore a peaceful, exciting adventure:

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

I can build confidence and emotional well-being by engaging in a positive and uplifting story:

This helps students reflect on their strengths and experience a sense of calm and happiness through imaginative exploration.



Success Criteria

Following the Guided Meditation:

Students can follow the guided meditation by taking deep breaths and focusing on the visualisation, staying engaged in the meditation process and focusing on the peaceful imagery.

Imagining the Magical Waterslide:

Students can imagine the magical waterslide and all the wonderful things that happen during the journey, promoting creativity and calmness as they visualise a positive and fun adventure.

Relaxing and Feeling Energised:

Students can relax and feel calm, happy, and energised after the meditation, ensuring they experience the calming and energising effects of the meditation and carry those positive feelings with them.



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Objective: To guide students through a relaxing, adventurous meditation, fostering mindfulness, relaxation, and positive emotions while encouraging creative visualisation and emotional well-being.

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

Materials:

- A quiet, comfortable space.
- A video or audio recording of the meditation (if using a recorded version).
- Optional: Soft background music or nature sounds.

Time Required: 10-15 minutes.

Setup: Ensure that students are seated comfortably in a quiet, calm space. Make sure the room is free from distractions and conducive to relaxation. You may want to play gentle background music or sounds (e.g., water, nature) to enhance the experience.

Gameplay:

1. **Introduce the Meditation:** Invite students to sit or lie down in a comfortable position with their eyes closed. Encourage them to take three deep breaths to relax and focus their minds on the upcoming adventure.
2. **Guide the Journey:** Lead students through the visualisation, beginning with the introduction of the secret garden and the path ahead:
 - "Today you are on an adventure to visit the very best tree house in the world. As you walk through your secret garden, you can see a winding path ahead. You feel excited and nervous as you begin your journey."
 - Continue the story as students visualise the different doors and exciting events:
 - The orange door with the sparkling silver handle.
 - Sliding down the waterslide with friends and dolphins.
 - Feeling safe and happy as they glide through sparkling, warm water.
 - The purple door with a friendly purple octopus tickling them as they slide through gentle waves.
 - Encourage students to imagine the sensations of the waterslide, the dolphins, and the peaceful, fun moments they share with their friends.

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3. Encourage Relaxation and Positive Feelings: Gently guide students to focus on the calming aspects of the journey, the joy they feel, and the peacefulness of the experience:

- "As you reach the end of the slide, you feel proud of yourself and full of happiness. You have had such a fun adventure and you feel confident and joyful. Now, you're ready to explore the final door, knowing that your next adventure will be just as amazing."

4. Return to Reality: As the story concludes, guide students back to the present moment:

- "Stay in your comfortable position, focusing on your deep, calm breaths. When you're ready, you will wake up feeling happy and energised, ready to learn and have fun with your friends. Remember, whenever you're worried or stressed, you can think of the sparkling water adventure to feel calm and happy again."

5. Reflection Time: After the meditation, allow students a few moments to reflect on their experience. You can ask questions like:

- "How did you feel during the adventure?"
- "What part of the story was your favourite?"
- "How do you feel now after the meditation?"

Winning the Game: There is no winner in this activity. The goal is to help students feel calm, relaxed, and confident through the meditation process. Success is measured by how well students engage in the meditation and how they feel afterward.

Additional Notes: "Sparkling Water Meditation" is a wonderful way to introduce mindfulness and relaxation techniques to young students. The imaginative and calming nature of the story helps students relax, reduce stress, and feel confident and happy. This meditation can be used in various settings to help students manage their emotions, promote positive thinking, and foster emotional well-being.

