

# The Big Balloon Meditation

STAY  
ACTIVE

To help students relax, release worries, and cultivate feelings of self-worth and love through a creative, guided meditation.



## Learning Intentions

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

This encourages students to focus on their breathing and use their imagination to create a sense of calm and relaxation.

**I can visualise and release worries or fears through creative imagery:**

This helps students use their imagination to let go of negative thoughts and create a peaceful mental space.

**I can cultivate feelings of self-worth and love by reflecting on my unique qualities and strengths:**

This fosters self-compassion and encourages students to feel confident, valued, and special.



## Success Criteria

**Following the Guided Meditation and Focusing on Breathing:**

Students can follow the guided meditation and focus on their deep breathing and imagination, ensuring they engage in the process and stay present in the moment of relaxation.

**Visualising Worries Being Released:**

Students can visualise their worries being released and floating away in the big balloon, helping them practice emotional release and use creative visualisation as a tool to reduce stress.

**Reflecting on Self-Worth and Feeling Loved:**

Students can reflect on their own worth and the love that surrounds them, feeling confident and cared for, encouraging positive self-reflection and the development of a healthy self-image.



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**Objective:** To help students relax, release worries, and cultivate feelings of self-worth and love through a creative, guided meditation.

**Players:** Ideal for individual or group sessions (5-25 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, distraction-free environment. You may want to play gentle background music or sounds to enhance the calming experience.

**Gameplay:**

1. **Introduce the Meditation:** Invite students to sit or lie down comfortably with their eyes closed. Encourage them to take three deep breaths and focus on relaxing their bodies. Let them know that they are about to go on a peaceful journey to let go of their worries.
2. **Guide the Journey:** Begin guiding students through the visualisation:
  - "Let's breathe in very deeply and fill up our stomach like we're filling up a big balloon. Give your balloon a colour and make it really big and beautiful as you fill it up completely."
  - "Breathing in from your nose, fill up your balloon completely, and when it's full, exhale the air out and watch your balloon deflate. Feel how calm and relaxed you are."
  - "Imagine you are floating on a huge, soft cloud. The cloud is light and fluffy, totally supporting you and making you feel safe and peaceful. You feel loved and cared for."
  - "As you float, you feel the gentle motion of the cloud, swaying softly. Everything around you feels peaceful and calming."
3. **Release Worries:**
  - "Now, there is a big balloon coming towards you. This balloon is your blow-away-worry balloon. It's here to take away any worry or fear you have. See the balloon coming closer to you."



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- "Picture the balloon any colour you want. Put any worry you have into this balloon and watch it lift that worry far away. The balloon takes your worry with it and floats away until it pops with a big 'POP!'"
- "Do you have any more worries? If so, another balloon comes to take them away. Picture this second balloon, fill it with your worries, and watch it float far away. POP! All your worries are gone."

#### 4. Visualise Love and Support:

- "Look down now and see someone you love very much sending up these beautiful balloons to help you. It's someone who loves you and cares for you. Wave to that person and send love back as a 'Thank you!' Feel the love they are sending you."
- "Now, feel the sun shining down on you, warming you with its loving rays. You begin to feel a warm, loving feeling in your heart. You are special, unique, and amazing. Always remember this – there is no one else like you in the world. You are important and loved."

#### 5. Return to the Present:

- "When you are ready, slowly float back down on your soft cloud, returning to this room with a peaceful and happy heart. Take your time, and when you're ready, you can open your eyes, feeling calm, confident, and energised."

#### 6. Reflection Time:

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

- "How did you feel when you saw your worries floating away in the balloon?"
- "What did the love from the person you care about feel like?"
- "How do you feel now, after the meditation?"

**Winning the Game:** There is no winner in this activity. The goal is to help students relax, release stress, and feel positive about themselves and their surroundings. Success is measured by the students' ability to engage with the meditation and the feelings of peace and happiness they carry afterward.

**Additional Notes:** "The Big Balloon Meditation" is a great tool for teaching students mindfulness, relaxation, and emotional release. The imagery of balloons floating away with worries helps students visualise letting go of negative feelings, fostering a sense of calm and emotional well-being. This meditation can be used in classrooms, homes, or any setting where students need help managing stress, building self-compassion, and focusing on the positive aspects of their lives.