

# Your Secret Garden Meditation

STAY  
ACTIVE

To help students relax and feel safe by guiding them through a peaceful, magical visualisation of a secret garden, fostering mindfulness, relaxation, and emotional well-being.



## Learning Intentions

**I can practice relaxation and mindfulness by imagining a peaceful place and focusing on my breath:**



This encourages students to relax their minds and bodies by engaging in guided visualisation and controlled breathing.

**I can use my imagination to create a peaceful mental space that helps me feel calm and safe:**

This helps students tap into their creativity to build a positive mental environment that promotes emotional well-being.

**I can enhance my emotional well-being by connecting with feelings of safety, peace, and happiness:**

This fosters self-compassion and emotional resilience, helping students feel more grounded and centred.



## Success Criteria

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

Students can follow the guided meditation by focusing on deep breaths and relaxing their body and mind, ensuring they are engaged in the meditation process and able to relax and focus.

**Visualising the Magical Secret Garden:**

Students can visualise the magical secret garden and the peaceful surroundings, allowing themselves to feel calm and happy. This encourages creative visualisation and helps students build a peaceful mental space.

**Focusing on Breathing and Staying Present:**

Students can focus on their breathing, becoming more relaxed and focused on the present moment. This promotes mindfulness and helps students use breathing techniques to calm their bodies and minds.



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**Objective:** To help students relax and feel safe by guiding them through a peaceful, magical visualisation of a secret garden, fostering mindfulness, relaxation, and emotional well-being.

**Players:** Ideal for individual or group sessions (5-26 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 to enhance the atmosphere.

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

**Setup:** Ensure that students are seated or lying down comfortably in a calm, distraction-free space. You may want to play gentle background music or nature sounds to create a peaceful environment.

## 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 prepare to enter their secret garden, a place where they can feel safe and relaxed.
- 2. Guide the Journey:** Begin guiding students through the visualisation:
  - "Today, we are going to visit your secret garden, a magical place where you can float on clouds, play with the fairies, and feel completely safe and peaceful."
  - "In the distance, you see a golden path that leads to a beautiful gate. Walk towards the gate and open it slowly. As you pass through, you see bright yellow, pink, and red flowers gently swaying in the breeze."
  - "You walk along the soft, green grass, feeling it tickle your toes. The sun is shining down, and you feel its warmth on your shoulders."
- 3. The Fairies and the Wings:**
  - "You come across a chair covered in beautiful, blue velvet. The fairies are waiting for you beside the chair. They invite you to sit, and you feel safe and protected with them."
  - "The fairies place a garland of sweet-smelling flowers around your neck and offer you a pair of silver wings, like those of a fairy. You put them on and feel the soft fabric against your skin, glistening in the sunlight."

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## 4. Floating Among the Clouds:

- "The fairies take your hands and lead you towards the colourful birds flying above. Together, you float gently up into the sky, feeling the breeze and the sense of freedom as you soar among the fluffy, white clouds."
- "It feels wonderful and peaceful to be floating above the earth. You feel no fear, only the joy and calm of being guided by the fairies."

## 5. Resting on the Cloud:

- "The fairies bring you to a special cloud where you can rest your wings. As you sit on the cloud, you feel its softness surrounding you, making you feel calm, happy, and a little sleepy."
- "One of the fairies brings you a little cupcake on a fairy plate with colourful birds painted on the edges. You take a bite and feel even more relaxed."

## 6. Breathing and Relaxation:

- "The fairies lie beside you, their soft wings resting against you as they tell you peaceful stories. You focus on your breathing now, taking deep breaths in through your nose and out through your mouth."
- "With each deep breath, you feel calmer and happier. Imagine yourself as a bird flying high in the sky, with each breath helping you feel more relaxed and joyful."

## 7. Return to the Present:

- "Stay still and calm as you focus on your breathing. With each breath, you feel more at peace and more relaxed. Know that you are in a happy place, surrounded by love and care. When you're ready, I will bring you back slowly to the present."

## 8. Reflection Time: After the meditation, ask students to reflect on their experience:

- "How did you feel when you were floating with the fairies?"
- "What part of the meditation 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 relax, release stress, and experience feelings of peace and happiness through the guided meditation. Success is measured by how engaged students are in the process and the positive emotions they feel afterward.

**Additional Notes:** "The Secret Garden Meditation" is a wonderful way to introduce mindfulness and relaxation techniques to young students. The use of imaginative visualisation helps students let go of stress and foster feelings of peace and safety. It is ideal for promoting emotional well-being, calming anxious feelings, and fostering self-love. This meditation can be used in various settings, such as schools or homes, whenever students need a break or a moment to relax and recharge.

