



I'm not robot



Continue

Body scan script for students

This should take about 15 – 20 minutes. You may want to lie on the floor on a carpet making sure it is hot and comfortable, covering yourself with a blanket and resting your head on a cushion or pillow. You can also do this by sitting upright. Be careful to make sure you will not be disturbed during the period of body scanning.

1. First of all, check with your body as it is right now by noticing the sensations that are present, feeling the contact that the body is making with the ground.
2. Then start scanning the body, sweeping your consciousness through different parts of the body, without judging what you are aware of, but the best thing that can draw attention to your experience moment by moment.
3. Starting with the crown of the head, noticing any sensation here, tingling, numbness, oppression or relaxation. Then including the head, feel the weight of the head while resting on the cushion, then including in conscience of the forehead, noticing whether or not you can feel the pulse on the forehead, whether there is oppression or ease. Then including the eyes, nose, cheeks, mouth and chin and finally the ears including any sound you notice coming to your ears. Be conscious moment by moment the changing pattern of sensations, feelings of warmth, coldness, ease. If you notice that your mind wanders then this is perfectly natural and what minds do. Noticing that your mind has wandered is a moment of consciousness, then simply gently guiding your mind back to the part of the body you're focusing on.
4. Then letting go of the head and face, moving your consciousness on the neck and shoulders, noticing the strong muscles in this part of the body, being aware of any tension in the neck and throat, perhaps becoming aware of the feeling of air in the throat.
5. Move your consciousness now to the shoulders, places where there is contact between the shoulders and the ground, stretching your consciousness on your arms, elbows, wrists, hands and fingers, aware of what is here at all times.
6. Moving the focus now to the chest area, noticing the subtle ascent and fall of the chest with the breathing in and out, turning your consciousness to the rib cage, front and back of the ribs, sides of the ribs, the top of the back resting on the ground. Notice any pain and pain here and see if you can bring a feeling of sweetness and kindness to these areas.
7. Turning your consciousness now to the abdomen and stomach, the place where we feel our intestinal feelings noticing your attitude towards this part of your body, seeing if you can allow it to be as it is, taking a relaxed and accepting approach to this part of the body. Then stretching his to the lower back, the back of the wood, feeling the gentle pressure as the back meets the ground before moving your consciousness to the area of the pelvis, the hip bones, and the bones seated, genital and groin, noticing any sensation or lack of sensations that are maybe be aware of the breathing in this part of the body. Bringing friendly attention here.
8. Now letting go of the torso as the center of your consciousness and moving your attention on the thighs of both legs, feeling the weight of the legs, gently noticing what other sensations are here, tuning the skin, bone and muscle of the legs here. If your mind has gotten into thinking, planning, worrying, dreaming about the day, then just gently guiding it back to this part of the body.
9. Then turning your attention gently to your knees, bringing friendly attention, see if there is any discomfort here, and if there is none then noticing what is already present here.
10. Stretching your attention on the calves of both legs, noticing how your muscles feel here, feeling this part of your legs from the inside out, the flesh and bone of your lower legs. And again recording where your attention is from time to time and noticing the quality of your attention seeing if it is possible to bring sweetness and kindness in your consciousness, not force your being, bringing a lightness of touch to your attention in this part of the body.
11. Finally moving your attention on both feet, the heels of the feet, the instep the balls of the feet, the top of the feet, the skin and the bone and finally the toes, seeing if it is possible to distinguish one toe from another. Noticing if there is tension here, sensations, numbness, tingling and allowing any tension to soften as it gives you gentle attention.
12. Now taking one or two deeper breaths and widening your focus, filling the whole body with consciousness, noticing what is present, sweeping the body with your consciousness from top to bottom, experiencing the body from the inside out. Noticing if there is no acceptance to any part of the body as you fill your body with a gentle conscience and see if you can have sympathy for any judgment or for any tension or pain that may be present as and when you notice it. Feel the energy of life flowing through you. And resting on the consciousness of this incredible body that you have, compassion for your pains and appreciation for your abilities and the wonder of it. This simple mindfulness exercise helps children calm down and relax. Body exploration is a fun exercise to build more body awareness and emotional tuning. It's great for adults too. I use this exercise weekly. Body scanning is a great tool to use when you are anxious or when you need to release tension. Cultivating body awareness and emotions

The reason I love this exercise is that it helps us get in touch with our bodies and our emotions. Emotions are not only as an attitude; you can feel them in the body. Have you ever had a sinking sensation in your stomach? Have you felt the weight of stress on your shoulders? When we're busy, we often forget to pay to our emotions – we become out of touch with our emotional experience. Often by the time we find out we're in a bad mood it's too late, but you can learn to notice negative moods before they get stuck. This way you can do something about it before it's too late. If stress tends to appear on your shoulders, you can counteract it by checking your shoulders to pick up signs of increased stress. The more we pay attention to how our body feels, the more we can capture subtle moods. Body exploration teaches us how to do this. You can also learn to notice, nurture, and enjoy positive feelings. If you notice a good feeling in your body, an expansive chest sensation or a general lightness in your body, you can tune in and stay with it for a while. Allow yourself time to really recognize these moments. Below the child version of body scanning, you'll find a brief guided body scan for adults. Here is the children's version of mindfulness exercise:

Purpose: Mindfulness / Relaxation

Best for: Ages 6 +

What You Need: Nothing!

This activity asks the child to think about parts of his or her body that he or she may not otherwise notice. Some of the questions may seem silly to the little ones, so it's a great idea to model the activity first while you think aloud. The first time your child tries a body scan, make sure he or she wears comfortable clothes and the room isn't too hot or too cold, and then ask him or her to go to bed. It starts at the top of your head, and tell him to think about how different parts of his body feel, moving around the body of his head to his toes as activity progresses. You might ask things like: How does your hair feel? What about your forehead? What's going on with your ears today? Do they feel like ears? Then suggest I bring your attention to your shoulders. Tell him to think about how they might move a little while breathing in and out. And so on, up to the fingers of your fingers. Some of these questions can cause the child's laughter; you've probably never thought about how your hair feels. That's why it's a fantastic idea to provide your own model before asking you to participate. When thinking aloud, use relatable words. For example, you could say, My hair feels soft and twisted or Today my forehead is a little tisy in the middle. When finished, ask your child how he or she felt during exercise and how he or she feels now. You can introduce mindfulness to your child with the Squish And Let Go exercise to get used to sensations in different parts of your body. Try it yourself –

Adult Body Scan

The Body is a classic mindfulness meditation included in the Mindfulness-based stress reduction program at the University of Massachusetts Medical School. Body scanning helps you relax, be aware of different parts of your body, and essentially essentially with your body. It trains attention and is a great way to release accumulated emotions. Jon Kabat-Zinn, Professor of Emeritus Medicine and creator of the Stress Reduction Clinic at the University of Massachusetts School of Medicine, writes in Coming To Our Senses: When we practice body exploration, we are systematically and intentionally moving our attention through the body, attending to the various sensations in different regions. That we can attend to these bodily sensations at all is quite remarkable. Here's a 5-minute adult version of body scanning by Elisha Goldstein, Ph.D. for testing before sharing simplified practice with your child. Wishing you many fun moments conscious with your children :-)

Chris Bergstrom

Chief Mindfulness Ninja - Blissful Kids #1 Best Selling Author of: ★★★★★ Awesome bought this book for my 6 year old, but even my 3 and 15 I love activities. We usually incorporate activities on a daily basis and it's been running so far. ★★★★★ cute and soothing With the madness of being all about baby sharks, it's a great idea to take it and use it to help our kids calm down. I'm a therapist and I hope I can use this with my children's clients. See also: I like the MusicStay Cool Game5 Mindful Games If you are new to mindfulness with children OR want to do the easy practice we recommend our online mindfulness courses. Chris Bergstrom is a best-selling mindfulness author, a leader in the field of mindfulness, the founder of BlissfulKids.com, a blog dedicated to child care, and a father who is happy to practice mindfulness with his son. He is a certified mindfulness facilitator trained to teach mindfulness to students at K-12. He is also known as the father who tried more than 200 mindfulness activities and has taught meditation for more than 15 years. Years.