

# Lesson Plan \_ Be the Boss of Your Brain

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Review: VISIONARY'S ROADMAP / [Clear Mind Through Practice](#)

Put aside five minutes at the beginning of each class

**GOAL:** Meditation as a tool to achieve a state of calm, recognize thought patterns and associated emotions and let them go at will.

## **ACTIVITIES:**

“Hi class. I hope everyone is feeling great this morning. Are you ready for our meditation?” (Short pause.)

1. “Please find a comfortable seat, roll your shoulders slowly, sit up, back straight, fold your hands on your desk in front of you, and put both feet flat on the floor.”
2. “Take a deep abdominal inhale through your nose. Count 1... 2... 3... as you inhale and hold a moment (imagine you are a balloon filling up with air.) As you exhale imagine you are squeezing all the air out of the balloon. Count 1... 2... 3... 4... 5... slowly as you exhale completely through your mouth. And now, close your eyes but only to the point before you have to engage your muscles to squeeze them shut. So a little bit of light is still coming in.”
3. “Try and relax and clear your mind of thoughts for a few minutes. If a thought comes to mind, feel how it affects your body. Go back to counting your breaths. Be aware how good it feels to have a straight spine; you almost feel weightless.”
4. “You are only in the present now with your breathing. There is nothing in the past to worry about. There is nothing in the future to fear.”
5. About 5 minutes later, end the meditation by quietly saying, “Change your focus now from inward to outward. Begin to feel your body, look around, take a deep breath.”
6. You can ask students to share what comes up for them while they try to focus on their breathing. Do they feel rested and calm when they stop meditating? Let them know if they do this regularly, even if only for 5 minutes a day, very soon they will start to look forward to doing it. It's a happy place.
7. Students could make a sketch of a thought they like to have or if there is a thought they would like to get rid of then crinkle up the drawing and throw it away.