

Exercise: Meditation (about 5 minutes)



Preparations:

Children get everything ready. Then have the children sit on chairs.

Possible introduction for teacher:

"I've already told you that we're going to do a little meditation exercise. It sharpens your mind, makes everything calm, and helps you to concentrate. Are you ready? Please sit up straight, close your eyes and leave them closed for the whole exercise. Imagine that there's a string on the back of your head that connects you with the sky. It pulls you up, you're going to sit very straight - and now it lets you gently back down, you stay sitting but however is comfortable for you. Very good. (Pause) Feel your breathing, how you're breathing in and out (pause). Feel how you're sitting on the chair, the places where you're touching the chair. (Pause) Feel your feet, how they're touching the floor (pause). Feel your shoulders (pause), your arms (pause), your hands. Listen to the noises around you (after about 1.5 minutes). Now slowly come back, give yourself time, and when you're ready, slowly open your eyes. (Pause.)"

When everyone has opened their eyes:

"Today we're going to write and draw a story that is really important to you. Maybe it's one of the stories you've already written and drawn, or maybe it's a story you haven't told us yet. So you can take a story you've already written, or you can discover a completely different, new story. You will also have a little more time for this story than you have for the others."

Transition:

*"What we're going to draw and write today is a story for the question: (wait briefly) **'When did you realise that you're strong?'** (After a brief pause) Something that happened that made you realise 'I can do something. I am valuable.' Take your time to find the right moment. Again: We're looking for a story / an event that made you realise that you are strong. Once you've thought of something, draw the climax of this situation, the moment that was most exciting. Then you'll write the story, I'll explain that to you again in a moment. First take your time to find the story and then draw."*

After about 10 minutes or when the first 3-4 children are finished:

"When you're done drawing, then get a worksheet. On the worksheet you'll first describe the situation, where and when it happened, who was there, what was the situation (A Introduction), how the problem happened (B Problem arises). Then you'll tell what exactly happened, what you did (C Main story) and how it ended (D End)."

Walk around and pass out the worksheets, or the children can come get the worksheet when they're done drawing.