

Mindfulness and Meditation

 60 minutes

Objective

- *To introduce participants to the basics of mindfulness and meditation, providing simple practices and tools they can easily incorporate into their daily lives to enhance well-being and focus.*

Materials needed

- Comfortable seating or meditation cushions
- Soft background music or nature sounds (optional)
- Guided meditation script or recordings
- Mindfulness handouts with key practices and tips



Tool Description

The workshop provides participants with fundamental practices to cultivate present-moment awareness and inner calm. Through guided exercises such as breathing techniques and body scans, attendees learn to reduce stress and enhance emotional well-being. This interactive session encourages personal reflection and offers practical tools for integrating mindfulness into daily life.



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Instructions

1- INTRODUCTION (20 minutes)

- Introduce the manual
- Allow participants time to familiarise themselves with the manual and its content
- Focus on the chapter **Creative Rest**
- Introduce the importance of **Mindfulness and Meditation** as a practice and let participants know this will be the main focus of this module.

2- Introduction to mindfulness (10 minutes)

Explain mindfulness as the practice of being fully present and engaged in the moment without judgment. Highlight its benefits for stress reduction, focus, and emotional well-being.

Also invite participants to share what they know about mindfulness and any experiences they have had with it.

3- Simple mindfulness exercises (20 minutes)

Guide participants through a basic breathing exercise. Ask them to sit comfortably, close their eyes, and focus on their breath. Instruct them to take slow, deep breaths, noticing the sensation of the air entering and leaving their nostrils. Then lead a short body scan meditation. Starting at the toes and moving slowly upwards, encourage participants to notice any sensations, tension, or relaxation in each part of their body.

Finally, have participants pick an object like a piece of fruit or a flower. Ask them to observe it using all five senses, sight, touch, smell, sound, and taste (if appropriate), to engage fully with the present moment.

Instructions

4 - Introduction to meditation (20 minutes)

Play or read a short guided meditation, such as a loving-kindness meditation or a simple focus-on-the-breath meditation.

Encourage participants to sit in silence for a few minutes, focusing on their breath or a simple mantra. Reassure them that wandering thoughts are natural and gently guide them back to focus when their mind drifts.

5 - Reflection and sharing (15 minutes)

Invite participants to share their experiences, focusing on how they felt during the exercises and any challenges or insights they encountered.

End the session by discussing how participants can integrate these practices into daily life, such as mindful eating, walking, or setting aside a few minutes each day for meditation.



Reflection questions

- How did you feel before, during, and after the mindfulness exercises and meditation? Did you notice any changes in your physical or emotional state?
- What sensations or thoughts did you notice while practicing the body scan or during silent meditation?

Mindfulness is the aware, balanced acceptance of the present experience. It isn't more complicated than that.

- Were there any particular exercises that resonated with you more than others? Why do you think that might be?
- What challenges, if any, did you encounter while trying to maintain focus or presence during the activities? How might you address these in future practice?
- How can you see yourself incorporating mindfulness or meditation into your daily routine? Are there specific situations or times of day you think it would be most beneficial?



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