

## Five minutes to a Calmer Classroom

This resource shows you how to deliver a simple breathing meditation that students of any belief system – or none – can use.

It works best when students [opt in](#) to the meditation session. You could offer it as a taster.

These tips give you what you need to get started and include guided meditations and video tutorials.

- **Explore your students' knowledge about meditation.** For example, it's a good time to say that this meditation isn't religious – it is just a simple process of focusing on the sensation of the breath. Staff at Facebook and Google opt in to meditation sessions such as this at their workplace. Your class could at this stage [watch](#) feedback from other students.
- **Introduce the meditation.** Explain to the students that for the next five minutes (or longer as you progress) they are going to sit quietly and practice a breathing meditation.
- **Encourage the students to sit comfortably in their chair.** The most important aspect of the meditation posture is to keep a straight back and have relaxed shoulders. You could play this [introductory video about the meditation posture](#), or view it for your own research beforehand.
- **Ask the students to gently close their eyes.** This helps to prevent distraction and begins to calm the mind.
- **Download the Mind Space meditation/video.** You can choose how long the meditation is – gradually extending the length of the session depending on feedback and interest from students.

[5 minutes](#)

[10 minutes](#)

[15 minutes](#)

[20 minutes](#)

- **Alternatively, you can deliver the Mind Space meditation yourself.** First of all, gain experience of meditation by meditating regularly. Guiding a meditation requires skill and experience – [contact us](#) for more resources
- **Bring the meditation to an end gradually.** Remind students to become aware of the room around them, any sounds they can hear, and their feet on the floor.
- **Have a discussion after the meditation.** How was the students' experience? Was it what they expected? Would they like to do another meditation? If so, would they like a longer or shorter meditation?
- **Explore how the students could carry the experience into the rest of their day.** For example, if they are feeling stressed they could stop for 30 seconds and think about their breathing.
- **Share these online meditations and downloads** if your students are interested in meditating at home.
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If you've not done any meditation yourself, or you would like some extra resources, contact [Mind Space \[contact page\]](#) and we can arrange to support your school. For example, a voluntary speaker could deliver sessions to your students. We also have other online meditation resources we can share.