

# **MINDFULNESS & WELLNESS IN THE DRAMA CLASSROOM**

## **MEDITATION 1: FOCUSING ON THE BREATH**

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Please find a place you are comfortable. This could be sitting on the floor, or a chair, or lying down. Again, your goal is to feel comfortable. You can choose to close your eyes now, or you can focus softly on a spot on the floor. You can close your eyes at any time.

To begin with, do a full body scan. Starting from the top of your head, and slowly move through your body. See how you are feeling, mentally, emotionally and physically. This is not to change anything, but just to be aware of how you are feeling. Begin your scan now.

Now bring your attention to your body. Where does your body connect to the floor or chair. Note how your body makes connection to the floor or chair.

Allow the floor or the chair to support you.

Now bring your attention to your breathing. Count how long your inhale is, and how long your exhale is.

Notice how your chest expands as you inhale, and contracts as you exhale. Just notice the movement in your chest as you breathe

Now notice what the air feels like as it enters your body. Notice how the air changes as it leaves your body.

Try to slow your breathing down. How does that change the feeling of your inhale and exhale.

Continue to breathe, and focus on your inhale and exhale. If your mind starts to wonder, that is okay, just bring your attention back to your breath

Now bring your awareness back to space. Hear sounds around you. Feel your body's connection to the chair or the floor. Take a moment to wiggle your toes. Now wiggle your fingers. Gently roll your head to the left and the right.

Now do a full body scan again. See if you observe any changes within your mental space, your energy or your body. Again, this isn't to change anything, just take note of any changes.

Without making eye contact with anyone, just open your eyes. Allow them to become used to being open.