



Greatest Moment Meditation with Henry Garrett

This week is all about expanding our imaginations and using our memories to make us feel good. Let the children take a few breaths and enjoy a trip down memory lane. This is a brilliant breath and visualisation technique to practice if any child is feeling a little sad or distracted. It's perfect for starting the day with a bit of a boost too.

Benefits

- Boosts good feelings
- Calms mind
- Increases happiness
- Oils the imagination

& breathe

Sitting comfortably with the spine tall, allow there to be a feeling of openness and softness without rigidity within the posture.

If you feel like closing your eyes to allow for a more vivid visualisation, please close them. Allow the face to feel soft and jaw to be relaxed.

Now asking "Can you see in your mind, the greatest moment in your life so far".

It could be a really fun birthday party, or scoring a goal in football, maybe the birth of your younger sister or brother or anything that comes to mind, which made you feel amazing.

Simply imagine yourself experiencing this event or moment. What do you see? What do you feel? What do you look like? What or who is around you? Begin using the scene around you to draw upon your senses. What do you smell? What can you hear? Is there anyone in particular in the room with you or are you enjoying this moment on your own, whatever it is this is perfect. This is your greatest moment. Breathe in. Breathe out.

Notice how your body feels. What are the physical sensations in your body now? Take a few deep breaths really allowing the scene to be vivid and clear. Then allow the image/memory to fade away and just feel how the body feels.

Now you know how to make your body feel really good just by remembering your greatest moment. You can use this at anytime of day. You simply have to remember the greatest moment of your life so far or maybe you have a few moments in your life you can draw upon to help you lift your mood.

Extra inspiration

To tweak the technique:

- Ask the children to imagine something brilliant happening to them. A future great moment.
- Ask the children to imagine something great they would love to happen to someone else. Is there someone in their family who needs a 'greatest moment'.
- Is there a friend who needs a boost or would appreciate something great happening to them or someone they know outside of their family who they can imagine receiving a 'great moment'
- Is there a somewhere, someplace or something which either needs more love or care (maybe your local park or somewhere in the wider world) which needs more attention or their very own greatest moment.

School Breathe Team Greatest Moment

"We imagine the air and the oceans having their greatest moment. We see them receiving lots of attention from everyone on the planet, as all the pollutants are removed from the seas and the forests so the air we breathe is as clean as can be". We breathe in as we imagine this scene. We breathe out and allow our bodies and minds to soften.

Quote of the week



"Change your thoughts and you change your world" - Norman Vincent