



Directed meditation

To introduce the girls to a meditation technique that will help them to manage their emotions

10 minutes

Relaxing music (optional)

What to do

■ Get the girls to spread out across the space you're using. If you're using music, start the tracks you've chosen. Ask everyone to sit down and if they're comfortable, close their eyes (if they're not comfortable with this, encourage them to sit quietly).

One of the tools we can use to build our resilience is 'self-calming'. That means being able to calm our minds and bodies when we're feeling lots of complicated emotions. This can help us to react better when things are challenging or we're feeling overwhelmed.

Today, we are going to try a meditation exercise to create an 'anchor'. An anchor is a special place in our minds that we can remember and imagine whenever we need to feel calmer."

■ Take them through the meditation narrative below. Make sure you follow the script below and use a low, calm voice and a slow, steady pace:

Let any tension go, and relax your shoulders until they are loose. Become aware of your breathing and begin to slow it down, by saying to yourself, 'slowly breathe in, slowly breathe out, slowly breathe in, slowly breathe out.' Concentrate on my voice as you think of the space you are in. Feel yourself in this quiet space. Now build a wall around your space. See the wall in your mind. It is a high strong wall."

■ Pause for five seconds.

In the wall there is a secret door; it is painted in your favourite colour. Slowly open the door: behind it is a safe and secret place which feels warm and inviting."

■ Pause for five seconds.

Enter through the door, making sure that you shut the door behind you. Look around your space and find something you would like to sit or lie on; a bed, a sofa, a soft rug, maybe some smooth grass, some warm white sand. Pick where you want to sit and head over to it."

■ Pause for five seconds.

As you sit down on the comfortable and soft surface you can feel yourself relax. You let yourself sink into the surface. As you sink, your whole body becomes light, calm and peaceful."

■ Pause for five seconds.

As you're sitting and relaxing, you notice a light breeze blowing. It gently moves your hair and touches your face. You are at a perfect temperature and feel calm and peaceful."

■ Pause for five seconds.

Take a deep breath as the breeze gently blows around you. You may find yourself drifting off in this space, and that's ok. You feel relaxed and still and safe. You're enjoying sitting in this place and you feel yourself getting lighter and lighter as you relax more and more."

■ Allow the girls to remain quiet and peaceful for two or three minutes. Then slowly turn the music down as you say the following:

Get ready now to leave your space and the gentle breeze. In your mind, you will gently stir and stretch your body. When you're ready, you will picture yourself rising up from whether you're sitting or lying and stretch your body again. You make your way to the secret door, open it, and let yourself out, shutting the door behind you. As you listen to my voice, you are slowly bringing yourself back to this room. Stretch your body and then relax. As I begin to count slowly to five, very slowly open your eyes."

■ Count to five.

Now stand up, stretch your muscles and relax."

Note: It's best to do this activity only if you're really confident with it. Make sure that you use a low, calming voice when running this activity.

The Leader of the unit can repeat this activity to help girls practise using their anchor.

Top tip:

We recommend using this activity at the end of your Think Resilient session, as it can be hard to get Brownies to sit still!

If the group enjoyed this activity, direct the Leader to the many free apps on offer so they can continue building this technique, for example:

Headspace - www.headspace.com - free directed meditations and breathing for older girls

Smiling Mind - www.smilingmind.com.au - age-appropriate meditations for children, teens and adults