# Compassionate Body Scan

**Recommended for Grades:**

6-12th grade

**Practice Description:** The body scan can be used to develop our ability to pay attention over long periods of time while also cultivating a stronger connection to our bodies. The body scan can be used when lying down at night to help turn off our mind so we can fall asleep more easily.

**Transcript:**

Welcome to the compassionate body scan practice.

In this body scan, we will be bringing our warmhearted attention to the body. The body scan can help bring a sense of calm to our minds as we focus our attention.

- *Pause for 2 seconds*

Start by finding a comfortable position, either lying down or sitting in a chair. If you are in a chair, rest both feet on the floor and your hands in your lap. If you are lying down, allow your feet to be about shoulder width apart, toes to the outside and rest your arms by your sides, palms up.

- *Pause for 3 seconds*

If it feels comfortable, allow your eyes to slowly close.

- *Pause for 2 seconds*

In this practice, you will use your attention to scan, or sense, your body, without using your eyes. If at any time you feel uncomfortable, you may always listen to the sounds or follow your breath.

- *Pause for 2 seconds*

When you're ready, gather your attention like a spotlight, and direct it down to your feet. Use your attention to sense what your feet are feeling.

Can you feel your feet? Are your feet warm or cold? Tingly?

- *Pause for 5 seconds*

Imagine giving your feet a little smile of recognition for what they do.


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- *Pause for 5 seconds*

As you breathe out, move your attention from your feet up to your legs.

Notice what you feel.

- *Pause for 5 seconds*

When you are ready, gently move your attention from your legs to your torso. Stay here for a few moments and feel the sensations in your stomach… your chest… and back. Remember to breathe.

- *Pause for 7 seconds*

Consider silently thanking your beautiful heart for beating all day, every day or thank your back for being so strong.

- *Pause for 5 seconds*

When you are ready, move your attention from your torso and gather it like a spotlight, directing it to your arms and hands. Notice the sensations in both. Are they warm or cold?  Do they feel tingly?

- *Pause for 5 seconds*

Allow each sensation to be just as it is, not changing anything.

- *Pause for 5 seconds*

Imagine giving your hands a little smile of recognition for all that they do each day.

- *Pause for 5 seconds*

When you breathe out, move your attention from your arms and hands to your shoulders and neck. Notice any sensations in this area.

- *Pause for 8 seconds*

When you breathe out, move your attention from your neck and shoulders to your jaw. Can you wiggle your jaw gently from side to side to help it soften?

- *Pause for 5 seconds*

And bring your attention to your eyes

- *Pause for 5 seconds*

… And forehead. Try tightening your eyes… and then allowing them to soften.

- *Pause for 8 seconds*


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Can you sense your ears? Or the top of your head?

- *Pause for 7 seconds*

Take some slow, deep breaths as you sense your whole body lying on the floor.

- *Pause for 7 seconds*

What a wonderful body!

- *Pause for 3 seconds*

Before you open your eyes, notice how being in your mindful body feels.

When you are ready, open your eyes and bring your attention back to the room around you.


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