Mindful Position - Chair

Recommended for Grades:

6-12th grade

Practice Description: A mindful position is a way of sitting which sends a message to your brain that you are paying attention in an alert, yet relaxed way. It can be used to naturally calm your mind and body.

Transcript:

Welcome to the mindful position exercise.

Have you notices that you sit differently when you are interested in something compared to when you are bored? How do you sit while watching a good movie or a sports event? How do you sit when you're in class?

The way you are sitting signals to your brain how to pay attention.

Sitting in a mindful position with your body quiet and still tells your mind to be alert, yet relaxed.

- *Pause for 5 seconds*

When you are ready, begin by placing both feet on the floor.

Allow your back to be long and strong.

Let your hands rest in your lap.

Try softening your eyes and turn your gaze down towards your knees, or to the images on the screen. If you feel comfortable, you may choose to close your eyes.

- *Pause for 10 seconds.*

Take some slow, nourishing breaths as you sense your whole body sitting on the chair. Allow yourself to get more comfortable if you can.

If you would like, place a hand over your heart or your belly as a reminder that you are bringing kind and gentle awareness to yourself.

- *Pause for 30 seconds, chime sounds*

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Remember, sitting in a mindful position, with your body quiet and still, signals your mind that you are paying attention in a particular way.

- *Pause for 10 seconds.*

Before you open your eyes, think about what you noticed in your mindful position.

- *Chime sounds*

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

- *Chime sounds*

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