

Guided Meditation Script

BREATHE, LISTEN, FEEL

-Welcome

“Welcome everyone to our meditation session. My name’s Gen, and I’ll be leading you today. Now we all know that life can get a little crazy and busy at times, and everyone could use a break or two throughout the day. So for the next few minutes you and I are going to enjoy a moment of relaxation together!”

-Shake it out

“Ok, so first thing’s first: everybody take a moment to shake out all your wiggles. Move as much or as little as you need to. Ok, now I’m going to count down from 10, and when I get to 1, we’re going to be still and quiet our bodies. 10, 9, 8, 7, 6, 5, 4, 3, 2, 1”

-Get Comfy

“Alright guys, now let's take a moment to breathe and get into a comfortable position. If it feels better to sit, please sit, if you’d prefer to lie down, please do. Get into whatever resting position feels best for your body. If for whatever reason you find that you need to need to hold or fidget with something, that’s ok too.”

-Close your eyes

“Ok now gently close your eyes...”

-Breathe Gently

“...and breathe. Find a rhythm that feels best to you, just as long as they’re nice calming breaths. You can breathe in through your nose and out through your mouth...or time it with 4-7-8 breathing: this is where you inhale for 4 seconds, hold it for 7, and exhale for 8. Once you’ve settled on a rhythm, think about how it feels. Acknowledge how it feels. Take a moment to appreciate your breath and the sensation you’re feeling in your body as you calmly and gently breathe in and out.”

-Listen

“Now listen. Take in the sounds happening around you. What do you hear? Don’t leave out any details, even if all you hear is silence. Acknowledge where you are and what you’re hearing.

How do these sounds/this silence make you feel? Sit with that emotion for a moment. Take a moment to accept it and appreciate it. Appreciate your humanness. Appreciate the stillness and quiet if you’re in silence. Appreciate each sound you hear and the sensations they are causing in your bodies. Appreciate the moment you are experiencing right now.”

-Feel

“Now focus on what you feel around you. Maybe you’re outside? How does the breeze feel, or the sun on your skin? Maybe you’re holding something? How does it feel in your hands? If you’re inside think about how you’re positioned on the ground, couch, bed, or wherever you are.

Think about how your body is making contact with that surface. What does it feel like? Take a moment to acknowledge and appreciate all that you or feeling. Tell yourself ‘I am here, I am present, and I appreciate this moment’. Now just sit with all of the sensations you’re feeling for a moment. Taking each one at a time so as not to become overwhelmed.

Thank your environment for providing your backdrop today. Thank yourself for allowing yourself to have this moment. Now take a deep calm breath, and slowly begin to open your eyes as I count down from 10...9...8...7...6...5...4...3...2...1.”

Thank you all for joining me for this mindfulness and meditation exercise today. I hope you all enjoyed and got to experience a moment of calmness and gratitude today. For more information, guided meditation scripts, or other activity prompts, be sure to check out the “Playful Mindfulness and Meditation” blog post on the Port Discovery website at Portdiscovery.org.

