



Meditation using sound

Age: 5 - 12

Ring the gong three times.

I invite you to sit comfortably, keeping your back straight and the rest of your body as loose and relaxed as possible, stable like a mountain, keeping your eyes open. Taking three deep breaths, extending the out-breath and then just breathing naturally.

Exercise 1

Listening to the sound of the gong (*teacher rings the gong several times*) and not moving until the last wave of sound has faded away.

Exercise 2

Taking a moment to find sounds inside yourself (for example: your breathing, your heartbeat).

After the exercise: *children share which sounds they were able to find inside themselves.*

Exercise 3

Taking a few minutes to hear at least three sounds around you.

After the exercise: *Children share which sounds they were able to find around them.*

Exercise 4

Sitting still, then taking time to choose one sound we can hear and just focus on this one sound. If your mind drifts off, that's no problem, just notice that you are distracted and come back to listening to the sound you are focusing on.

Dedicate the practice.

Ring the gong once.