**ACTIVITY: Guided meditation**

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| *Educational level*: Primary, Secondary, Higher Education |

*Source*: Own authorship

*Aspects of emotional competence covered*: Emotional awareness, self regulation of emotions.

*Duration*: 10-15 min.

*Materials & resources*: PC/tablet; Internet connection; youtube videos:

[Mindfulness Meditation - Guided 10 Minutes](https://www.youtube.com/watch?v=6p_yaNFSYao) (English; 9:47)

# [Guided Meditation for Anxiety & Overthinking](https://www.youtube.com/watch?v=qA9DrMM41Fk) (English; 14:14)

# [MEDITACION GUIADA 5 MIN MINDFULNESS ESPAÑOL](https://www.youtube.com/watch?v=MgveciChvA0) (Español; 5:39)

# [Meditación guiada de 10 minutos](https://www.youtube.com/watch?v=KTb0s7sgsBA) (Español; 10:46)

# [Meditación Zen Guiada (Ponte en contacto con tu Yo Interior)](https://www.youtube.com/watch?v=ZRDBWE6iQ2c) (Español; 16:23)

*Procedure*:

* Set the right atmosphere in the classroom -dim light, no noise from outside, no chatting- and tell the students to wait for the guide in the video to instruct them on how to sit correctly for meditation.
* Play the video.
* After the meditation, ask students: how did you feel?, was it easy or not?, did it help?, etc.
* Allow some time for them to write about this meditation on their emotional diary.

*Comments*: You can use meditation after the break to calm pupils down for work; at the beginning of a lesson to get them focused; at the end of a difficult lesson to relax them; when they are nervous because they have an exam, etc.