

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Draw a picture of you in the place where you do your best thinking. Then write a sentence explaining where that place is.



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Draw a picture of you in a place where you find it difficult to think.  
Then write a sentence explaining where that place is.

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**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Can you make a guide to thinking?  
Your readers might like to know why they should make time for thinking, where you do your best thinking and why you find it easier to think in some places than other places.



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## Before you begin...

Tell the children they are going to take part in a relaxing exercise. These activities will give them an idea of what meditation is like. Explain that everyone needs to be calm and quiet during the activities and if they don't want to join in with one of the activities they should stay quiet and use the time to think.

## Card One

When all the children are quiet and still ring a bell or tip a rain stick. Ask the children to silently raise their hand when they can no longer hear the sound. Repeat this activity with the children's eyes closed.

## Card Two

Read this short story to the children and get them to visualise the pictures. Once there was a boy and a girl. They loved nothing more than floating in a boat on the river. Every day they would listen to the water lapping against the boat and they would watch the clouds float in the sky.

## Card Three

Read this short story to the children and get them to visualise the pictures. Once there was a horse who was completely white. The horse ate white grass and galloped past white trees. He leapt over white fences and his white tail trailed behind him. He was a happy horse that liked to disappear.

## Card Four

Get the children to look at something of their choice in the classroom. This should not be another person. Tell them to stare very hard at their object. After around 30 seconds ask some of the children to say what they noticed that they hadn't seen before.

## Card Five

Get the children to close their eyes and concentrate on their breathing. Count slowly to four as the children breathe in and count to six as the children breathe out. They may wish to place their hand on their chest so they can feel their breathing if it helps them to focus on their breathing.

## Card Six

Get the children to close their eyes and think about a time they were really happy. Tell them this place might be at home, in school or at the park. Ask them to think about what they were doing and who they were with. Repeat this activity with a time they felt relaxed and a time they felt safe.

## Card Seven

Ask the children to close their eyes and without moving their lips make one long humming sound. When the children need to take a breath they should take it calmly and quietly. Explain the hum should be relaxing. Agree a signal that tells the children when to stop.