

Meditation Moment



This activity helps relax and calm students. Could be done every week as a way to end meetings.

How To

- Make sure you download the app called Headspace. You should use the BC2M code to download the app for free!
- Plug in the iPhone to a speaker and follow the instructions on the Headspace app for a relaxing and meditative experience.
- This could be done to end your meetings and eliminate stress and anxiety.
- Encourage students to do this activity on their own time, as well!

Materials

On the Bring Change 2 Mind website under High School Program, you should be able to find your own code to download Headspace for free! You may want speakers so that everyone can hear the guided meditation.



Budget

There is no budget for this activity! Very quick and very easy!

Timeline

You may want to listen to the guided meditation on your own before letting your group partake in the activity to know what it is about and to prepare students for the activity. However, each guided meditation lasts around 10 minutes.

Number of Students Reached

This can be done within your BC2M club or it can be broadcast to your entire school over the intercom or during an assembly!