

MEDITATION MOMENT



PURPOSE:

Why?

Create a calming and stress-free environment with our Meditation Moment activity! Utilize the Headspace app and incorporate this activity at the end of your meetings to help students de-stress and unwind. Motivate students to use the Headspace app and practice meditation on their own time for continued benefits.

HOW TO:

Materials & Budget

- Once you have completed the BC2M registration form, you will be able to set up a **free** Headspace Account! Click the Headspace button on the club portal and follow the instructions to set up your account.
- You may want speakers so that everyone can hear the guided meditation.

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

Instructions

- Make sure you download the Headspace app. Through BC2M's partnership with Headspace, all registered BC2M students will receive access to a free subscription. You just need to follow the instructions to set up your account!
- 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!

Timeline

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

Impact

This activity is great for club meetings as it's relatively quick & easy to do after a club presentation!

Example(s)

BC2M has a partnership with Headspace to ensure all of our students can access this amazing app!



BC2M Advisors - you can get access to a free Headspace Account through [Headspace for Educators!](#)

Post photos from this activity to your club Instagram and tag @bc2mhighschool

