

Compassionate Body Scan – Chair

Practice Description: The body scan is a way of naturally quieting our mind and training it to pay attention. It also cultivates a stronger connection to our bodies. Some people find it useful to turn off their mind at bedtime so they can fall asleep more easily.

Age Group: 2-8 Grade

Voiceover Script

Welcome to the Compassionate Body Scan exercise.

This body scan is a way of naturally quieting your mind and training it to pay attention. It also gives you a stronger connection to your body.

Let's start by getting into a mindful position in your chair with both feet on the floor. Sit with a long, strong back and allow your hands to rest in your lap.

- *Pause for 2 seconds*

Try softening your eyes and turning your gaze down towards your knees, or to the images on the screen. If you feel comfortable, you may choose to close your eyes.

- *Pause for 2 seconds*

Make sure you feel comfortable, and alert.

In this practice, you will use your attention to scan, or sense, your body, without using your eyes. If at any time you feel uncomfortable, you may always listen to the sounds or follow your breath.

- *Pause for 2 seconds*

When you're ready, gather your attention like a spotlight, and direct it down to your feet. Use your attention to sense what your feet are feeling.

- *Pause for 2 seconds*

Can you feel your feet? Are your feet warm or cold? Tingly?

Can you feel their pressure against the floor?

- *Pause for 5 seconds*

Imagine giving your feet a little smile of recognition for what they do...

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- *Pause for 2 seconds*

As you breathe out, move your attention from your feet to your legs. Can you sense the feeling of your clothes against your knees? Or the chair against your legs?

- *Pause for 7 seconds*

When you are ready, gently move your attention from your legs to your torso. Stay here for a few moments and feel the sensations in your stomach... your chest... and back. Remember to breathe.

- *Pause for 7 seconds*

Consider silently thanking your beautiful heart for beating all day, every day, or thank your back for being so strong.

- *Pause for 5 seconds*

When you are ready, move your attention from your torso and gather it like a spotlight, directing it to your arms and hands. Notice the sensations in both. Are they warm or cold? Do they feel tingly? Allow each sensation to be just as it is, not changing anything.

- *Pause for 10 seconds*

Imagine giving your hands a little smile of recognition for all that they do each day.

- *Pause for 5 seconds*

When you breathe out, move your attention from your arms and hands and when you are ready, bring it to your shoulders and neck. Notice any sensations in this area.

- *Pause for 7 seconds*

If there is any discomfort, send kindness to that area by putting your hand over it, as a sign that you care. If there are no, or very few sensations, notice that.

- *Pause for 7 seconds*

When you breathe out, move your attention from your neck and shoulders to your jaw. Can you wiggle your jaw gently from side to side to help it soften?

- *Pause for 7 seconds*

And bring your attention to your eyes... and forehead.

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- *Pause for 7 seconds*

Can you sense your ears? Or the top of your head?

- *Pause for 7 seconds*

Take some slow, deep breaths as you sense your whole body sitting on the chair.

- *Pause for 7 seconds*

What a wonderful body!

- *Pause for 5 seconds*

Before you open your eyes, notice how being in your mindful body feels.

- *Pause for 3 seconds*

When you are ready, open your eyes and bring your attention back to the room around you.