

SILENT SITTING/Creative Visualisation:

Note to the teacher:

A few minutes of sitting silently will help the children to settle. It is a process of tuning in which puts children in touch with their own inner feelings, and helps with their emotional growth. It also helps to increase their attention span, enabling them to concentrate on the content of the session plan and all learning content to follow.

Experiment with timing. Try three to five minutes to begin with and extend to 5-10 minutes for the older children or as their ability to concentrate improves.

The timing between each direction should match the level of concentration of the children.

1. WALKING THROUGH THE WOODS

(Play pleasant music, softly in the background)

Imagine you are walking along a path through the woods, there are pretty birds singing in the trees and colourful wild flowers all around. You hear the sound of beautiful music coming from a little cottage amongst the trees. The door opens and a smiling lady invites you in to come in and listen to the music.

You feel happy and safe; you feel you never want to leave.Listen to the music for awhile. The the kind lady tells you that it is time for you to go home but you can come again another day.

Now slowly bring you attention back to the classroom, slowly open your eyes and stretch. Look at the person next to you and when they are ready to receive, give them a smile.

2. SITTING ON A CLOUD

Teacher: *Have soothing music ready to play.*

Allow the appropriate length of time after each direction for the children to relax.

Sit comfortably, with backs straight.

Take a deep breath in..... and let it out again.

Slowly close your eyes and imagine you are sitting on a cloud.

The cloud feels soft and you can hear music playing.

You are relaxing on your cloud, enjoying listening to this beautiful music.....

The music gradually fades, as you float on your cloud.

The cloud has brought you back to your seat.

Slowly open your eyes and rest your hands on your knees.

3. DISTINGUISHING SOUNDS

With your eyes closed listen to the sounds around you.

How many different sounds can you hear?

How many loud sounds can you hear? How many soft sounds?

Can you distinguish what it is that is making the sounds?

Listen for a few minutes.....

Open your eyes and then give your hands a little shake. Sit up ready for your next lesson.

4. IN A GARDEN

Sit up making sure your backs are straight.

Close your eyes and think of a garden

It is your very own garden. Think of the shape of your garden and whether there is a lawn.

What sort of flowers or bushes are growing in your garden?

What colour are the flowers?

Think about your garden for a few minutes.....

Now a bird has come to settle on one of the bushes.

The bird flies away; your eyes follow it until it disappears into the distance.

5. WHITE LIGHT

Sitting up with eyes closed, imagine a white light in front of you.

Bring the light into every part of your body, until your whole body is a shining light.

Keep the light there for a few minutes.....

Imagine it to shine on everyone else in the room.

Keep the white light shining in the room until it gradually fades.

Rest, slowly open your eyes and stretch your arms into the air.

6. ON AN ISLAND



Sit still and quiet.

Straighten your backs, and close your eyes.

You are on a desert island. There is nothing to worry about you can feel safe and relaxed.

The weather is perfect, warm but not too hot.

You can hear the waves gently splashing on to the shore.

You can see lots of trees and beautiful flowers.

There are lots of birds flying around.

You feel so peaceful you do not want to leave this beautiful place.....

Stay in this peaceful feeling for a few minutes.

Now you hear someone calling you, it is the boatman waiting to take you back to the mainland.

Slowly open your eyes and stretch.

7. A SPECIAL PLACE

Note to the teacher.

Ask the children to think of a quiet place they have been to that they feel is special, i.e. a special place in their garden, by the sea, or in the country amongst the trees. Ask them if they have all thought of a place, if there are children who do not have a special place to think about, then help them to imagine one or show them some pictures to choose from.

After you are able to picture your favourite place, look carefully around you. What is it that you especially like to look at in your place?

Stay in your place for a few minutes really enjoying every minute.....

Now you have to leave your place but you can come back another day.

Open your eyes and look around you.

8. THE PATHWAY.

Sit comfortably, with backs straight.

Take a deep breath. Now slowly let it out again.

Close your eyes and imagine you see a pathway leading to a gate.

There are trees on both sides of the pathway.

You are walking along the pathway until you reach the gate. You wonder what is on the other side.

The gate is locked and you cannot see over the top so you sit on a bench and imagine what could be on the other side of the gate.

You look at the scene around you, grass and flowers.

Stay there for a few minutes and enjoy your rest.....

Imagine now, that you are quietly returning to the room.

When you feel ready, slowly open your eyes.



9. A HAPPY TIME.

Take a deep breath. Now slowly let it out again.

Sit comfortably, with backs straight.

Note to teacher:

Ask the children to think about a place they have been to that made them feel especially happy.

Give them some clues if they are slow to think.

Close your eyes and think of a time when someone took you to a place where you felt very happy.

Think slowly and carefully about everything that made you feel happy.

Stay in the happiness for a few minutes.....

Still feeling happy open your eyes and smile happily at your neighbour.

10. A PLACE IN A GARDEN

Sit with straight backs and eyes closed.

Close your eyes and imagine you are in a garden.

There is a lawn with and many different coloured flowers growing in the flowerbeds.
There is a path through the garden and a bench by a tree.
The sun is shining and you sit on the bench in the shade of the tree.



While you are sitting on the bench, you make this your very own special place.

Enjoy sitting in your special place. Smell the scents of the flowers and the freshly mowed grass.....

You hear a bird singing in the tree, and realize it is time for you to leave your special place.

You sit here for a few minutes until it is time to leave.

Slowly open your eyes, look to your right. Look to your left. Now look in front of you and relax.

11. TALL TREES

Sit comfortably. Take a deep breath in, and now slowly let it out again.

Make sure your backs are straight now close your eyes.

Imagine some tall trees; the sun is shining through the leaves on the branches.

You follow a path through the trees it is very quiet except for the sound of the birds singing.

Listen to the birds as you walk along the path.

You see a fallen tree and think it would make a nice place to sit for awhile.

You are now sitting on the fallen tree, listening to the birds.....

After you have sat there for a few minutes you slowly open your eyes and rest your hands on your knees.

Sit comfortably. Take a deep breath in, and now slowly let it out again.

12. IN THE RAIN

Close your eyes, imagine it is raining and you are looking out of your bedroom window.



It is very quiet; you watch the rain as it strikes and trickles down the window.

You listen to the sound it makes. You feel very relaxed.

Sit and listen to the sounds of the rain for a few minutes until your mind feels still.

Now slowly open your eyes, stretch your arms into the air, now place your hands onto your knees.

13. COLOUR

Sit comfortably. Take a deep breath in, and now slowly let it out again.

Close your eyes and think about your favourite colour.

Now imagine that you can fly and that everything you see is this colour.

The sky, the clouds, even the birds are this colour.
Enjoy flying for a little while.
Now you feel tired and gently float down to the ground.....
Slowly open your eyes, and look around you.
Place your hands on your knees.

14. TAKING FLIGHT

Sit comfortably. Take a deep breath in, and now slowly let it out again.
Close your eyes and imagine you are flying in an aeroplane.
Look through the window at the earth below you.
Everything looks very small.
Now you are flying over the sea, and the boats look like tiny dots.
The aeroplane is now gradually descending ready to land.
Everything on the ground begins to look larger.
The plane has now landed, sit quietly until it time for you get off.....
Open your eyes very slowly. You are back where you started.
Rest your hands on your knees



15. SWIMMING

Sit comfortably. Take a deep breath in, and now slowly let it out again.
Make sure your backs are straight, and now close your eyes.
It is a very hot day.
You are feeling very hot so you decide to go to the beach for a swim.
Now feel you are swimming in the cool seawater.



You really enjoy having a nice long swim.
Now turn on your back and float for awhile.....
As you are floating look at the sky, is it a clear blue colour or is it cloudy?
Float for awhile.
When you feel tired, and it is time for you to get out of the water open your eyes and look around you.

Rest your hands on your knees.

16. ON A MOUNTAIN

Sit comfortably with your back straight.
Close your eyes and imagine you are going to climb a mountain.
You are climbing higher and higher up the mountain.
You reach the top.
You decide to stay on the mountaintop enjoying the peace and quiet.....

Eventually you have to come back down again.
Open your eyes, stretch your arms in front of you, and then up into the air.
Sit quietly with hands resting on your knees.

17. RESTING IN THE LIGHT

Sit comfortably with your back straight.
Close your eyes and imagine a white light in front of you.
Bring the light into your head and then work down shining it through every part of your body.
Now the whole of your whole body is a shining light.
Keep the light there and then imagine it shining on everyone else in the room.
Now you are resting in the light.....
Slowly open your eyes and stretch.

18. WARMTH

Sit comfortably with your back straight.
Close your eyes and imagine you are very cold.
Feel the cold moving through every part of your body.
You wish for a room with a big fire, so that you could get warm.
Your wish comes true and you are sitting in a warm room by a fire.



First you warm your hands and feet.
Then you feel the warmth move slowly through your body.
You are enjoying feeling warm and contented.....
Now slowly open your eyes and look towards your teacher.

19. SITTING IN A GARDEN

Sit comfortably with your back straight.
With your eyes closed, imagine you are sitting in a garden by a pool.



You are enjoying watching the fountain in the middle of the pool
It is very quiet and there isn't anyone else around.
Now you see the goldfish that are swimming around in the pool.
You are really enjoying these moments by the pool.....
Slowly open your eyes stretch your arms up and then place them down by your side.
You like to come to this place sometimes to be alone and feel quiet and away from everything.....
Now slowly open your eyes and look around you.
Rest your hands on your knees.

20. FAIRIES AND ELVES

Close your eyes,
You are going through a forest, what do you see?
What do you hear?
Do you see the elves dressed in green running up and down the trees?
Can you hear the tinkling of bell, could it be the fairies?
Follow the sound of the bells until you come upon a tree stump, you may sit and rest.
Open your eyes after a few minutes. Flutter your eyelids.
Look at the person next to you and show fluttering your eyelids at each other.
Settle down for your next lesson.

21. THE LIGHT MEDITATION FOR OLDER CHILDREN.

Ask the children to sit with their backs straight and look at the lighted candle for a minute or two. Then ask them to close their eyes and visualize the light in their mind. (If a lighted candle is not available, ask the children to visualize a bright light in their mind). With eyes closed, the teacher slowly guides the children as follows:



(Make the time allowed for the pause to be in accordance with the children's maturity and extend as children become more familiar with the process.)

This light is pure love and wisdom. Imagine that it is now filling your minds and thoughts. Wherever light is, darkness cannot remain. *Pause.*

Your thoughts are now filled with light. *Pause.* Think only good thoughts.

Pause. Now take the light to the eyes so that you may see only pleasant sights.

Pause. Next, take it to the ears so that you will hear only good sounds. Ears are not for listening to gossip or criticism of others. *Pause.* Now take it to the tongue and mouth, remembering always to speak the truth and to speak softly and lovingly to others. Only drink and eat what is healthy. *Pause.* Take the light now to your hands, may they always be helpful to others, *Pause,* and now to your feet, may they always take you to good places. (*Pause a little longer here*)

Imagine now that the light is radiating from your being and surrounding parents, carers, relatives and friends. *Pause.* Take this bright and pure light to your heart filling it with light and love.

Now imagine it to expand so that it may fill the whole world with love and peace. *Pause.* Then take it to every corner of the universe, filling it with this pure light. Feel the light in every part of your body and say:-

“I am in the Light, the Light is in me. I am the Light” (repeat)

Now slowly open your eyes. Stretch and relax.

Source: Jacqui Robinson 2014: Silent Sitting & Creative Visualisation