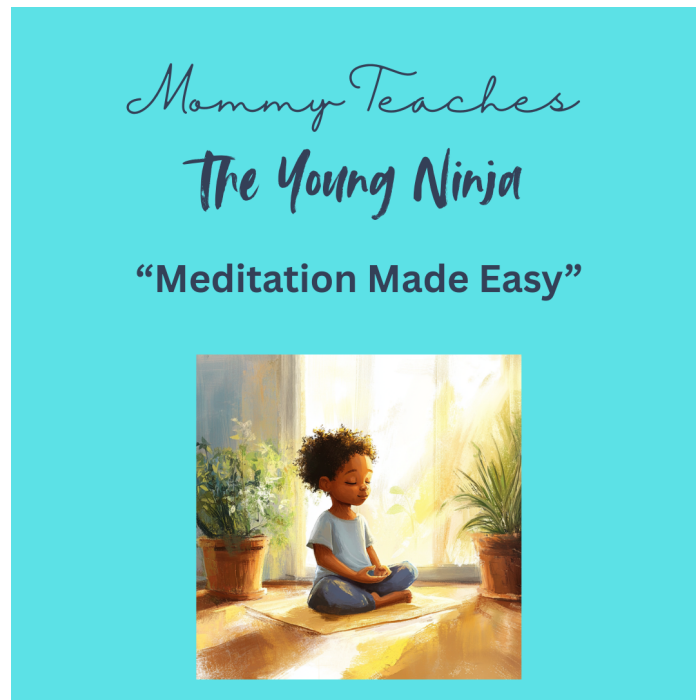


Volume 2: "Meditation Made Easy"



Age Group: Elementary (K-5)

Duration: 2-3 weeks

Learning Objectives:

- **Introduction to meditation concepts**
- **Develop stillness and quiet time skills**
- **Enhance focus and concentration**
- **Create peaceful classroom environment**

Classroom Activities:

- **10-minute guided meditation sessions**
- **Create "peace corners" in classroom**
- **Meditation journals for reflection**
- **Group discussions about inner peace**

Assessment:

Students lead a 2-minute meditation for classmates

Volume 2: "Meditation Made Easy"

3-Week Implementation Plan

Week 1: Introduction to Stillness

Lesson 2.1: What is Meditation? (Day 1)

- **Objective:** Understand meditation basics through ninja training
 - **Materials:** Book, meditation cushions/mats, soft music
 - **Opening (5 min):** Read pages 1-10, discuss ninja training concept
 - **Activity (15 min):** "Statue Game" - practice being still for increasing time periods
 - **Practice (15 min):** 3-minute guided sitting meditation
 - **Closing (5 min):** Share feelings about stillness
 - **Homework:** Find quiet time for 2 minutes daily
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Lesson 2.2: Posture and Position (Day 2)

- **Objective:** Learn proper meditation posture
 - **Materials:** Various seating options, posture guide
 - **Opening (5 min):** Review quiet time experiences
 - **Activity (20 min):** Try different positions (sitting, lying, standing)
 - **Practice (10 min):** 5-minute meditation with focus on posture
 - **Assessment:** Students demonstrate comfortable, alert posture
 - **Homework:** Practice chosen position daily
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Lesson 2.3: Focusing the Mind (Day 3)

- **Objective:** Learn to focus attention during meditation
 - **Materials:** Focus objects (candles, stones, images)
 - **Opening (5 min):** Posture check and adjustment
 - **Activity (15 min):** Single-point focus exercises
 - **Practice (15 min):** 7-minute guided meditation with focus object
 - **Assessment:** Students maintain focus for increasing durations
 - **Reflection:** Draw or write about meditation experience
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Week 2: Deepening Practice

Lesson 2.4: Breathing Meditation (Day 4)

- **Objective:** Combine breathing and meditation skills
- **Materials:** Breathing guides from Volume 1
- **Opening (10 min):** Review breathing techniques
- **Activity (15 min):** Breathing-focused meditation practice
- **Practice (15 min):** 10-minute breath-awareness meditation

- **Assessment:** Students maintain breath awareness
 - **Homework:** Daily breathing meditation (5-10 minutes)
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Lesson 2.5: Walking Meditation (Day 5)

- **Objective:** Practice mindful movement
 - **Materials:** Clear walking space, nature sounds
 - **Opening (5 min):** Discuss meditation beyond sitting
 - **Activity (20 min):** Slow, mindful walking practice
 - **Practice (15 min):** Indoor/outdoor walking meditation
 - **Assessment:** Students demonstrate mindful walking
 - **Project:** Create meditation space at home
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Week 3: Integration and Mastery

Lesson 2.6: Meditation in Daily Life (Day 6)

- **Objective:** Apply meditation skills throughout the day
 - **Materials:** Daily schedule templates, reminder stickers
 - **Opening (10 min):** Share home meditation space creations
 - **Activity (15 min):** Plan meditation moments in daily routine
 - **Practice (15 min):** "Micro-meditations" (1-2 minute practices)
 - **Assessment:** Students create personal meditation schedule
 - **Final Project:** Lead 5-minute meditation for class
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Final Assessment:

Students demonstrate various meditation techniques and create a personal practice plan.