



# Safety Week

Spring 2024

**BUSY  
MINDS**  
Ed

# GUIDED MEDITATION AND GRATITUDE JOURNAL

## Setting Up the Guided Meditation

Follow these easy steps for a great guided meditation!

- 1. Create a Comfortable Environment:** Set up a quiet and cozy space for the meditation session. Consider using blankets or mats for Scouts to sit or lie down on. Ensure the area is free from distractions and noise as much as possible.
- 2. Introduce the Meditation:** Begin by explaining the purpose of the guided meditation. "Meditation helps our bodies and minds relax, especially when we are stressed!" Encourage Scouts to approach meditation with an open mind and a willingness to connect with the natural world around them.
- 3. Provide Clear Instructions:** As you guide Scouts through this meditation, speak slowly and clearly, using descriptive language to paint a vivid picture of the natural setting. Encourage them to visualize themselves in the forest and to engage their senses fully.
- 4. Allow for Silence:** After each segment of the meditation, allow for brief moments of silence to let youth fully experience the sensations and imagery presented. This also gives them space to reflect on their experiences.
- 5. Facilitate Discussion:** After the meditation, invite Scouts to share their experiences and reflections with the group. Encourage them to talk about what they saw, felt, and experienced during the meditation, and how it made them feel.
- 6. Provide Support:** Finally, be supportive and encouraging throughout the meditation session. Offer reassurance to Scouts who may find it challenging to relax or visualize, and remind them that meditation is a skill that can be developed with practice.



Upward Facing Dog Pose



Flower Pose

# My Happy Place: A Guided Meditation

## Plan

- What materials do you need for this activity?
- Who will lead your exercises or game?
- How do you prepare for this activity?

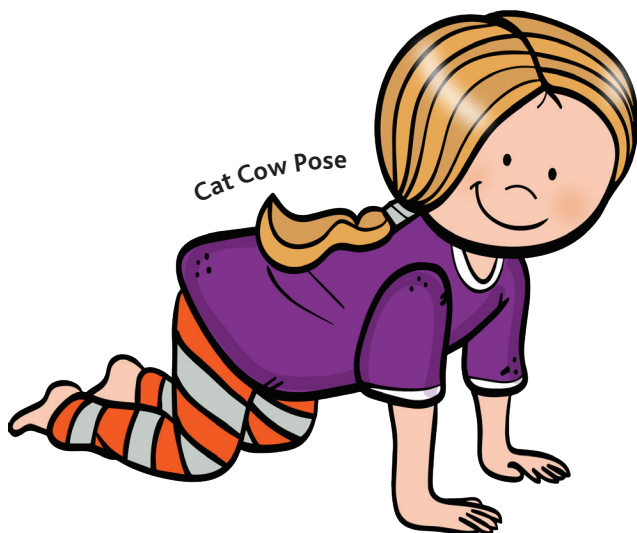


## Do

- Lead the Scouts through a **Happy Place meditation** using the script provided. Be sure to create a comfortable and relaxing environment by dimming the lights and playing relaxing nature sounds.
- Ask the group: Have you ever tried meditation or mindfulness? What does nature mean to you, especially in times of stress? How do you feel when you spend time in nature?

## Review

- After the meditation, invite Scouts to share their experiences and reflections with the group. Encourage them to talk about what they saw, felt, and experienced during the meditation, and how it made them feel.
- What else can we do to make our minds and bodies feel better in times of stress (e.g., yoga, movement, self-care, etc.)?
- Was it hard to stay focused during the meditation?



## Safety Note

Make sure that there are no pebbles, sticks or insects underneath the blankets or mats.

## Script

**Tip: Dim the lights and play relaxing first sounds on Spotify.**

Find a comfortable position, either seated or lying down, and gently close your eyes.

Take a big, deep breath in through your nose, filling your tummy with air like a big balloon. Now, slowly breathe out through your mouth, letting all the air out and feeling your body relax.

Imagine yourself in a beautiful forest, where the trees are tall and friendly, and the leaves whisper secrets to you. Picture the colors around you: vibrant greens, warm browns, and pops of colorful flowers.

As you stand in this magical forest, feel the soft ground beneath your feet, like toe-tickling grass inviting you to explore. You can hear the birds singing sweetly, and the gentle breeze playing a soft melody through the leaves.

Think of a natural place that makes you feel really happy and safe. It could be a sunny meadow filled with flowers, a cozy spot under a big tree, or even a sandy beach with waves crashing gently. Whatever makes you smile big, that's your happy place.

Now, let's take a journey to your happy place together. Close your eyes and imagine yourself there.

- What does it look like?
- What colors do you see?
- Take a moment to explore all the beautiful details.

Feel the warmth of the sun on your face, like a big hug from nature. Listen to the sounds around you: the giggles of playful animals, the rustle of leaves in the wind, and the soothing rhythm of waves if you were by the ocean.

Take a deep breath in and smell the fresh, clean scent of nature all around you. Maybe you can smell the flowers or the salty sea breeze. Whatever it is, let it fill your heart with happiness.

As you sit in your happy place, take a moment to say thank you to nature for sharing its beauty with you. Feel gratitude in your heart for all the wonderful things around you.

When you're ready, slowly open your eyes and come back to our cozy space together. Take one more big breath in and out, feeling calm and happy. Remember, you can visit your happy place in nature anytime you want, right here in your imagination.

Great job!

Check out **My Safe, Happy Place PDF** activity! (Beavers)



# Gratitude Journaling Activity



## Plan

- What materials do you need for this activity?
- Who will lead your exercises?
- How do you prepare for this activity?

## Do

- Hand out a gratitude journal sheet to each Scout.
- Start with a discussion on gratitude. What is gratitude? What are you grateful for? How can practicing gratitude shift your mood?
- Do a simple breathing exercise before they start their journal activity and reflection!

## Review

- Invite Scouts to share their experiences and reflections with the group. Encourage them to talk about what they shared in the journal.
- How can we practice gratitude daily?
- How might it shift our mood over time?

## Safety Note

- Sharpeners should be used carefully. Collect shavings or broken crayons, so nobody gets hurt, and you can recycle them for other crafts. Read **24 Unbelievable Things You Can Do With Broken Crayons**.
- For auditory learners, recording an audio might be more motivating while for kinesthetic learners, making a video, taking pictures or role playing help explain how to practice gratitude. This will reduce anxiety in Scouts about writing.

Check out the **5 Minute Gratitude Journal PDF** activity! (Cubs, Scouts, Venturers and Rovers)



**About Busy Minds Ed.:** Busy Minds Ed. is a mobile enrichment program that provides active movement and mindfulness programs to childcare, schools, and other organizations within the community. Our mission is simple: to raise happy and healthy kids. For more information about our programs and how you can work with us visit: [busymindsed.com](http://busymindsed.com)

