



LITTLE LARKS WELL-BEING PROGRAM COURAGE MEDITATION

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[Note for Reader: Have the students find a comfortable place to sit. They can sit with their heads down on their desks or sit on the floor, wherever they can be most comfortable. Let them know that they will keep their eyes closed and stay quiet until the end of the visualization. Remind the students that there are no wrong answers, whatever comes up in their minds is exactly what their answers should be. Their answers will be unique to them. Read the visualization slowly using a calm voice. Pause for 5-10 seconds throughout the visualization to allow the students time to picture the scene you're describing.]

Hi! I'm _____, and this is a Little Larks meditation about courage. Meditations are exercises that keep our minds healthy. Just like we keep our bodies healthy by playing outside or our hearts healthy by talking with good friends, our minds need special care too so that they don't wander off too far or get focused on things that are not good for us.

Close your eyes and take three deep breaths, breathing out all the worry from today. With each inhale you feel a little more at peace.

Now, I want you to imagine you're standing in a giant field and in the very center of this field is a magnificent tree. Its trunk is strong and tall. Its branches wide, it's what is called a Bravery Tree.

You feel safe and secure as you walk to this tree, you sit down under its lush canopy. As the sun warms your body and you hear the wind through the leaves, you ask yourself, "What am I afraid of? What would be brave for me?"

You begin to imagine yourself doing this brave thing, you see yourself succeeding, being strong and courageous. Your heart leaps with joy because you're not afraid at all. You see yourself being brave in all kinds of situations. You are proud of yourself, so you sit up straight and tall.

This feeling you have makes you hope, bravery is contagious.

The sun begins to set behind the magnificent Bravery Tree, as you feel the warmth from the sun fade into the cool evening air. You know it's time to go home and try out your new bravery.

You walk home, knowing anytime you are afraid and in need of bravery, you can always return to your Bravery Tree.

Thank you for meditating with me! This is _____. See you next time, Little Larks.

