



LITTLE LARKS WELL-BEING PROGRAM CHARACTER MEDITATION

by Erica Eyer and Megan Gilmore

[Note for Reader: Have the students find a place where they can sit up straight comfortably. Let them know that they will keep their eyes closed and stay quiet until the end of the meditation. Remind the students that there are no wrong answers, whatever comes up for them in their mind is exactly the answer it should be. Their answers will be unique to them. Read the meditation slowly using a calm voice. Pause for 5-10 seconds after each question to allow the students time to become aware of their answers.]

Hi! I'm _____, and this is a Little Larks meditation about character. 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.

Character is something that we all have – it is what we hold as most important about ourselves. It starts by determining how our beliefs (those things that we know are true and real) impact what we do and say. Our character is fully realized when all the aspects of our life (being, relationships, values, etc.) are congruent (congruent is just a big word for when things are lined up and balanced) with those beliefs.

For example, if it is very important to me that I am beautiful, then I will also believe that beauty is a true and real thing. I will make decisions to act and speak in beautiful ways. My character will continue to develop as I make my relationships, my thoughts, and the world around me beautiful, too.

One way that we can learn more about our character is by looking at our hearts.

Begin in a comfortable seated position, spine nice and tall. If in a chair, both feet resting on the floor.

Keep your arms and shoulders relaxed and gently place your hands on your heart, stacking one hand on top of the other.

Close your eyes and begin to notice your breathing, observing your inhale and exhale. What do you feel? What do you hear?

Keeping your eyes closed, begin to focus on your heart, the area you have placed your hands. Sit quietly and see what you can notice. What do you feel? What do you hear?

As you feel your heart beating, think about what things hurt your heart. Notice what happens to your heart when you think of those things.



LARK'S SONG

Now think about things that make your heart happy. Notice what happens when you think of those things.

How do you want others' hearts to feel?

How can you do that?

Now gently place your hands in your lap and take several deep breaths before slowly opening your eyes.

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

