

LKS2 Mindful Scientists: Guided Meditation

Scattered Mind



Settling

'Today we are going to play a game. This is a short experiment to see if we have a scattered mind!'

'This is a different kind of game because there are no winners or losers. We are not trying to get it right or to do better than anyone else. We are just going to play to see what happens.'

Main Practice

'I would like you to stand up please. You may feel like you want to talk to someone or make some noise but let's just see if we can do this in silence. Just be as quiet as you can as you stand up.'

'You might make noise moving the chair or table but that is OK.'

'We will only be standing for a short time but we want to make sure we are comfortable. Move your feet a little bit apart so you have a nice strong base to balance on. Allow your arms to just hang by your sides. The arms may feel quite heavy, the fingers a bit tingly. That's OK, that's normal.'

'Now you have a choice; you can close your eyes or you can keep your eyes open. It's up to you. However, if you are closing your eyes we want to make sure we stay balanced, so if you want to, you can hold on to a chair or lean on a table.'

'Now remember, we are using this practice just to look at the scattered mind, to look at how often we daydream or get distracted.'

'You may have already noticed some thinking. Maybe you have already started daydreaming. Perhaps the mind is very busy? You may be thinking about what will happen next? Maybe you are thinking about something else completely. That is OK! Do not worry if the mind thinks a lot.'

'This is a very short game, it only lasts a minute or so.'

'In a moment, I am going to clap my hands. When I do this, all I want you to do is listen. This is listening with your full attention.'

'When you hear the noise, try to focus your attention on the sound that it makes. Notice the tone and the volume, but most importantly see if you can just stay with the sound.'

'Remember though, this is not a competition. We are interested in whether our minds get scattered or not!'

'You may soon realise that you are no longer focused on the sound. This happens. You stop listening to the sound and get distracted by thinking and daydreaming. This is OK and all part of the game.'

'However, as soon as you notice that you have stopped listening to the sound, I want you to just gently open your eyes and sit down. See if you can sit down as quietly as possible.'

'This may happen after a few seconds, or it may take a while, but as soon as you notice you are daydreaming or thinking of something else, please sit down.'

<CLAP HANDS AND ALLOW THE SOUND TO RESONATE>

Close

After 60 seconds invite anyone who is still standing to open their eyes and sit down.