

Compassionate Body Scan

Practice Description: The body scan is a way of naturally quieting our mind and training it to pay attention in a relaxed yet alert way. It also cultivates a stronger connection to our bodies, helping us to have an increased awareness of physical sensations in our bodies which can help to manage our emotions.

Age Group: 2-8 Grade

Welcome to the Compassionate Body Scan exercise.
<i>Pause 5 seconds</i>
The body scan is a way of naturally quieting your mind and training it to pay attention. It also gives you a stronger connection to your body which can help to manage your emotions.
<i>Pause 5 seconds</i>
Let's start by getting into a mindful position in your chair with both feet on the floor. Sit with a long, strong back and allow your hands to rest in your lap.
<i>Pause 5 seconds</i>
Try softening your eyes and turning your gaze down towards your knees, or to the images on the screen. If you feel comfortable, you may choose to close your eyes.
<i>Pause 5 seconds</i>
Move your fingers a little to ensure that they are soft and relaxed.
<i>Pause 8 seconds</i>
In this practice, you will use your attention to scan, or sense, your body, without using your eyes. If at any time you feel uncomfortable, you may always listen to sounds or follow your breath.
<i>Pause for 5 seconds</i>
When you're ready, gather your attention like a spotlight, and direct it down to your feet. Use your attention to sense what your feet are feeling. Can you feel your feet in your shoes? Can you feel their pressure against the floor?
<i>Pause 5 seconds</i>
Are your feet warm or cold? Tingly?
<i>Pause for 10 seconds</i>
Imagine giving your feet a little smile of recognition for what they do... supporting your active body wherever you go!
<i>Pause 5 seconds</i>
As you breathe out, move your attention from your feet up to your legs. Can you sense the feeling of your clothes against your knees? Or the chair against your legs?
<i>Pause for 15 seconds</i>

Perhaps give your legs a moment of thanks for all that they do to move you from place to place throughout the day.
<i>Pause for 15 seconds</i>
As you breathe out, move your attention from your legs to your torso. Stay here for a few moments and feel the sensations in your stomach.... your chest....and your back as you breathe in and out.
<i>Pause 10 seconds</i>
Can you feel your muscles holding you upright?
<i>Pause 5 seconds</i>
Consider silently thanking your beautiful heart for beating all day, every day, or thank your back for being so strong!
<i>Pause for 12 seconds</i>
When you are ready, move your attention from the torso area and gather it like a spotlight, directing it to your arms and hands. Notice the sensations in both. Are they warm or cold? Do they feel tingly?
<i>Pause for 20 seconds</i>
Imagine giving your hands a little smile of recognition for all that they do for you.
<i>Pause 10 seconds</i>
When you are ready, move your attention from your arms and hands to your shoulders and neck. Notice any sensations in this area.
<i>Pause 15 seconds</i>
If there is any discomfort, send kindness to that area by putting your hand over it, as a sign that you care.
When you are ready, move your attention from your neck and shoulders to your jaw. Can you wiggle your jaw gently from side to side to help it soften?
<i>Pause 8 seconds</i>
And bring your attention to your eyes... and forehead. Try tightening your eyes... and then allowing them to soften.
<i>Pause for 8 seconds</i>
Can you sense your ears? And the top of your head?
<i>Pause for 15 seconds</i>
Take some slow, deep breaths as you sense your whole body sitting on the chair.
<i>Pause 5 seconds</i>
Slowly move your attention across your entire body, from your feet to your head, as you breathe in and out.
<i>Pause for 15 seconds</i>
Think to yourself, "What a wonderful body! Thank you!"
<i>Pause for 15 seconds</i>
Before you open your eyes, notice how being in your mindful body can feel.

When you are ready, open your eyes and bring your focus and attention back to the room around you.
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<i>Pause for 3 seconds</i>

<i>Chime sound</i>
