

Compassionate Body Scan – Floor

Practice Description: The body scan is a way of naturally quieting our mind and training it to pay attention. It also cultivates a stronger connection to our bodies. Some people find it useful to turn off their mind at bedtime so they can fall asleep more easily.

Age Group: K4 – 1 Grade

Welcome to the Compassionate Body Scan while lying down exercise.
<i>Pause for 5 seconds</i>
This 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. Some people find it useful to quiet their mind at bedtime so they can fall asleep more easily.
<i>Pause for 5 seconds</i>
Begin by lying down like a pencil on the floor, making sure your head and back are comfortable and in line.
<i>Pause for 5 seconds</i>
When you are ready, allow your hands to rest palms up on the sides of your body.
<i>Pause for 5 seconds</i>
Allow your feet to be about a shoulder width apart and let your toes flop to the sides.
<i>Pause for 5 seconds</i>
If it feels comfortable, allow your eyes to slowly close or look at the images on the screen.
<i>Pause for 5 seconds</i>
Make sure you feel comfortable, and alert. Move your fingers a little to make sure that they are soft and relaxed.
<i>Pause for 5 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 the 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.
<i>Pause for 5 seconds</i>
Can you feel your feet? Are your feet warm or cold? Tingly?
Can you feel your heels against the floor?
<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 for 5 seconds</i>

As you breathe out, move your attention from your feet to your legs. Can you sense the feeling of your clothes against your knees? Or the floor 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 your day.
<i>Pause for 15 seconds</i>
When you are ready, gently 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 back. Remember to breathe as you scan your body.
<i>Pause for 15 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 your torso 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? Allow each sensation to be just as it is, not changing anything.
<i>Pause for 20 seconds</i>
Imagine giving your hands a little smile of recognition for all that they do each day.
<i>Pause for 10 seconds</i>
When you breathe out, move your attention from your arms and hands and when you are ready, bring it to your shoulders and neck. Notice any sensations in this area.
<i>Pause for 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. If there are no, or very few sensations, notice that.
<i>Pause for 15 seconds</i>
When you breathe out, 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 for 15 seconds</i>
And bring your attention to your eyes... and forehead.
<i>Pause for 5 seconds</i>
Try tightening your eyes... and then allowing them to soften. Can you feel the difference?
<i>Pause for 10 seconds</i>
Can you sense your ears? Or the top of your head?
<i>Pause for 15 seconds</i>
Take some slow, deep breaths as you sense your whole body lying on the floor.
<i>Pause for 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>

What a wonderful body! Thank you!

Pause for 10 seconds

Before you open your eyes, notice how being in your mindful body feels.

Pause for 10 seconds

When you are ready, open your eyes and bring your attention back to the room around you.

Pause for 3 seconds

Chime sound