

## Compassionate Body Scan

**Practice Description:** The body scan can be used to develop our ability to pay attention over long periods of time while also cultivating a stronger connection to our bodies. The body scan can be used when lying down at night to help turn off our mind so we can fall asleep more easily.

**Age Group:** 6-12 Grades

Welcome to the Compassionate Body Scan practice.
<i>Pause for 5 seconds</i>
In this body scan, we will be bringing our warmhearted attention to each part of the body. The body scan can help bring a sense of calm to our minds as we focus our attention. We will move from the feet up to the head, offering appreciation for our bodies and all they do.
<i>Pause for 5 seconds</i>
Start by finding a comfortable position, either lying down or sitting in a chair. If you are in a chair, rest both feet on the floor and your hands in your lap. If you are lying down, allow your feet to be about shoulder width apart, toes to the outside, and rest your arms by your sides, palms up.
<i>Pause for 5 seconds</i>
If it feels comfortable, allow your eyes to slowly close.
<i>Pause for 3 seconds</i>
As we move through the body scan, know that you can move your attention to another area of your body if you feel uncomfortable.
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.
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 10 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 or floor against your legs?
Notice what you feel.

<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?
<i>Pause for 5 seconds</i>
Allow each sensation to be just as it is, not changing anything.
<i>Pause for 15 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 to your shoulders and neck. Notice any sensations in this area.
<i>Pause for 10 seconds</i>
If there is any discomfort, send kindness to that area by putting your hand over it, as a sign that you care.
<i>Pause for 10 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 10 seconds</i>
And bring your attention to your eyes
<i>Pause for 8 seconds</i>
... And forehead. Try tightening your eyes... and then allowing them to soften.
<i>Pause for 8 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. 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!
<i>Pause for 10 seconds</i>

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

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