

Meditation Mondays

Guardians: take five minutes at the start of class every Monday to get everyone in the family relaxed and grounded ahead of a busy, hectic week.

First: Explain to the family what meditation is. This is just a time to be calm, still, and relax.

Second: Make the room comfortable, such as adding soft rugs, dimming the lights, and quieting electronics.

Third: Instruct everyone to seat themselves comfortably and to just focus on their breathing. If they want to close their eyes, they can but they aren't required to.

Fourth: Play some soothing music like nature sounds or white noise. If you look online, there are lots of free options, including some that have guided meditations.

Fifth: When the time is up, gently bring the family up out of their quiet relaxation time and start the week on a positive note!

Need help completing your kindness act?

Reach out to our Student Group Coordinator for help with planning or assistance.

Need help with funding for your act? We can help you! Apply on the Random Acts website.

