PSHE - Summer 2 – Week 8

Meditation is the art of focusing your attention and awareness to bring a state of calm and peace into your mind.

Mindfulness is all about being in the present - noticing what is around you and being fully focused on the 'now'.

These are important because our lives and our minds can be so busy and chaotic, that we can often feel anxious or stressed. Sometimes, it's hard for us to feel calm when our heads feel too full and noisy.

Do you ever feel like this?

This little video gives tips on how, when and where to meditate, so you can start building the habit (if you want to) at home.

https://www.youtube.com/watch?time_continue=8&v=t_yXe_6mYTA

It can be hard to 'switch off' and ignore unwelcome thoughts, but don't worry - that's something we can all learn to do.

https://www.youtube.com/watch?v=iN6g2mr0p3Q

So now we know what to do, let's have a go at this 10-minute meditation.

https://www.youtube.com/watch?v=QHkXvPq2pQE