



CAT-NAPPING

5m 35s

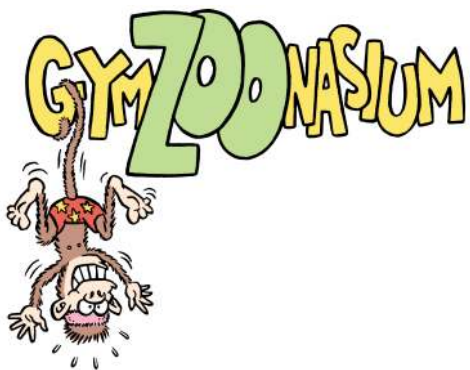


Join us in learning about how cats like to rest, and see how it feels for our bodies too.

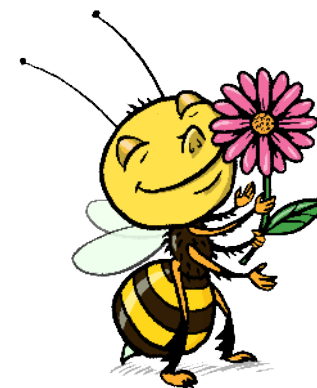
This meditation session begins with the Cat Stretch to help the body feel ready to relax. This meditation is a fantastic way for your students to find their way to stillness in order to activate the parasympathetic nervous system for 'rest and digest'.

This session is categorised as: Yoga, Meditation, Calming

Movement	Seated modifications	Other modifications	Progressions	Watch points
Cat Stretch	Curl forwards and arch your back up as high as you can (angry cat). Then sit up straight and push your chest out (happy cat).			* Hands under your shoulders and knees under your hips * Neck relaxed



MEDITATION SESSION TIPS



Benefits of Meditation for Children

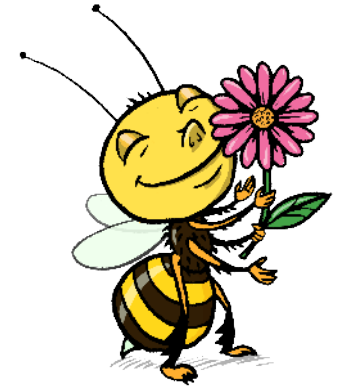
- Improved focus at school
- Improved working memory
- Improved self-regulation
- Reduced stress, anxiety and depression
- Improved happiness and overall mental health

Environment/Sensory Considerations

Will the room support the children to feel relaxed?

Checklist to consider

- Comfortable temperature
- Dim lighting (especially if the children are lying down, looking upwards)
- Limit background and outside noise
- Provide children space to spread out their limbs without touching others



Expectations

- It is normal for children to engage in some movements during calm time (especially if they are invited to move their awareness around to different parts of their body)
- Some children may feel less relaxed when asked to close their eyes. Instead, offer for them to find a spot to focus on.
- Meditation can take time to become familiar with and at first may even feel exciting. Try doing shorter meditations first and build up the duration over time.