



Mind, Body, Spirit

12-WEEK FACILITATOR ACTIVITY GUIDE

For Ages 12 – 16

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Week Ten Theme: **MIND/BODY/SPIRIT HARMONY**

The girls will be guided through a meditation exercise that focuses on “breath-work” as a key component to re-connecting to their “inner selves” at any time.

In addition to the self-affirmations and refusal/coping skills learned, girls will additionally learn the value of breathing and relaxing into their bodies as a way of staying connected and true to themselves.

ACTIVITY

- Breath-Work Meditation

MATERIALS

- Music for meditation
- CD player
- Pens and journals

PURPOSE

- To encourage self awareness and listening to ones body and “intuitive” self
- To raise awareness of the Mind/Body/Spirit connection through relaxation and meditation
- To instruct in breathing skills that girls can use at any time to relax and connect to their inner selves

FACILITATOR PREPARATION

- Have music cued up for playing during the meditation



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OPENING RITUAL

Do the same opening ritual each time.



THEME INTRODUCTION

Introduce the theme of the week, “Mind/Body/Spirit Harmony”



CHECK-IN

Go around the circle and have each girl “check in” as to what is going on in her life.



ACTIVITY 1

Introduction to Breath-work Meditation

- 1 Tell the girls that you will be leading them through a brief meditation exercise that involves focusing on their breath. Start by asking the girls if they have ever heard the phrase: “I had a gut feeling...”
- 2 Ask them to share their understanding of this phrase.
Then lead a discussion by asking the following:
 - Have you ever had a “gut” feeling about something?
 - How did you know? What did it feel like to you?
- 3 Explain to them that this “gut feeling” lies in the solar plexus and ask them to put their hand on that area of their abdomen (just below the breast bone).

Tell them that being in touch with their “intuition” or “gut feeling” is important as it can give them important information about how they are feeling. (For example, some people get a strong feeling in their solar plexus when a situation is dangerous.)

Being in touch with this is important in terms of making sure they are safe and comfortable with people and situations. Explain that one of the easiest ways to be in touch with their “gut feeling” is to focus on their breath.

Focusing on their breath is also an excellent way to get in touch with their “spiritual self.” Taking a few minutes to breathe slowly in any situation allows your spiritual self to bring calm and “balance” to your mind and body.



ACTIVITY 2

Breath-Work Meditation

- 1 Have the girls find a quiet comfortable spot in the room to sit or lie down.
- 2 Instruct them to begin by breathing in slowly through their nose and then breathe out slowly through their mouths.
- 3 Ask them to put their hand on their solar plexus and to feel their abdomens expand and contract with each breath. Tell them to breathe as slowly and deeply as possible.



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- 4 Once they are relaxed and understand the breathing technique, tell them you will be putting on some quiet music for 5-10 minutes and asking them to focus on their breathing.
- 5 Ask them to focus only on their breathing, to notice how the breath feels going in through their nose, how it feels in their chest, and how it feels as they exhale it through their mouth.
- 6 Tell them that the only point of the exercise is to notice their breath.
- 7 Let them know that as they are focusing on their breath, it is normal to become “distracted” by things (other thoughts, body sensations, noises, etc.)
- 8 When they become distracted, remind them to simply notice that they are distracted and return to focusing on their breath. Tell them that it is quite normal for this to happen many times during the 5-10 minute meditation.
- 9 Start the music and begin the breath-work meditation.



ACTIVITY 3

Breath-Work Journaling and Discussion

After the meditation is over, ask the girls to write quietly in their journals for 5 minutes about what they noticed during the meditation.



SHARING OF ACTIVITY

Then lead the girls in a discussion using any of the following questions:

- What did it feel like to focus on your breath?
- Did the 5-10 minutes seem to go by quickly or slowly?
- What were your distractions and how did you handle them?
- How do you think that taking time to “breathe” a few deep breaths could help you throughout the day?



CLOSING RITUAL

Have each girl identify a situation in her life where deep breathing could help her and make a statement of commitment starting with (“I will commit to practicing my deep breathing whenever...” or....”I will use deep breathing to help me relax and cope with...”)