

MEDITATE IN MAY



MEDITATION TOOLKIT

Inside you will find the following: -

- **Meditate in May** habit tracker
- Pebble Meditation
- Mindful Eating Meditation
- Apricot Eating Meditation
- Breath Observation Meditation
- Mindful Tech Habits

We have developed this resource from our good friends in the Plum Village tradition at Stream Entering Monastery, Plum Village. Over many years we have refined this meditation to be acceptable for all primary school aged children. May it be of benefit and be enjoyable.

NAME : _____

'MEDITATE IN MAY' TRACKER



WEEK 1

eg 5 mins

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WEEK 2

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WEEK 3

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WEEK 4

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MEDITATE IN MAY

Join us during Meditate in May

Let's breathe together and learn how to bring the calming elements of nature into our body.

The Pebble Meditation

Purpose

This activity introduces children and adults to the practice of meditation. It's a simple breathing practice that combines physically holding an object with visualization. The practice connects us with our breath, and brings into our mind 4 elements from nature and their special qualities that we can embody to bring us benefit. Children aged 5 and older, can do this with family, other children and adults, or on their own.

Materials

Four small pebbles.

Posture

Sit with a straight back, as if a string is drawing you gently upwards from the top of your head. Allow the shoulders to fully relax. Place your hands on your knees.

Preparation

Gather your 4 small pebbles.

Each pebble represents an element of nature:

- a fresh Flower
- a solid Mountain
- calm Water
- free Space

Place the collection of pebbles on the ground just beside your left knee.

The Practice

- Select a pebble, one at a time and place it in the palm of your left hand. Cover the pebble with your other hand.
- Take three breaths with each pebble as we recite the words by Thich Nhat Hanh (next page).
- Let the words guide your breathing. On the last line of each element, breathe in and out three times reciting to yourself, the final phrase with each pebble.,
- When you complete breathing with the pebble, place it down on the ground in front of your right knee and then take another pebble and continue to the next element.

The PebbleMeditation

Flower Fresh

Breathing in, I see myself as a Flower
Breathing out, I feel Fresh
Breathing in Flower, Breathing out Fresh
Flower, Fresh.

Mountain Solid

Breathing in, I see myself as a Mountain
Breathing out, I feel Solid
Breathing in Mountain, Breathing out Solid
Mountain, Solid.

Water Calm

Breathing in, I see myself as calm water
Breathing out, I reflect things as they truly are
Breathing in Water, Breathing out Reflecting
Water, Reflecting

Space Free

Breathing in, I see myself as Space
Breathing out, I feel Free
Breathing in Space, Breathing out Free
Space, Free.

This original meditation was composed by Thich Nhat Hanh. We have lightly adapted it from, A Handful of Quiet: Happiness in Four Pebbles, by Thich Nhat Hanh.

MEDITATE IN MAY

Let's eat together with Mindfulness as a family and support our wellbeing.

Eating mindfully is simple to integrate into family life so we have created a primer to support you to join us in this practice!

We do this because eating mindfully is a joyful way to bring mindfulness practice into our daily lives and build harmony as a family.

Sharing mindful eating with our children is an important opportunity for us to develop gratitude as well as concentration, by deeply appreciating our food and its origins.

It is also a gateway into meditation because when we eat mindfully the mind slows down and concentrates on savouring each bite. Parents are able to guide their children to eat slowly, to savour each mouthful and to recognize the interdependence of everything involved in bringing food to the table - from the farmers to the cooks, to the earth, to the rain, to the sunshine.

When we arrive at the table, we remind each other that for the first part of the meal, we can eat in silence and be aware of the flavours and textures of our food. As a practice, one of the family members can sound a bell to signify the beginning and then again at the end of mindful eating before we begin sharing and chatting together about our day.

Before eating, you might like to recite the five contemplations:

"This food is the gift of the earth, the sky, the rain and the sun. We thank the people who made this food, especially the farmers, the people at the market and the cooks. We want to consume this food slowly so that we can enjoy it. We want to eat in a way that nurtures our compassion, other species, and the environment. We eat this food in order to be healthy and happy."

When we spend the first 5 minutes of our meal as a family eating mindfully, we experience that food is a gift that can strengthen our family harmony.

Perhaps you already practice mindful eating as a family at home. Even if you don't, as a way of developing this practice you might like to try the following Apricot Meditation with your family to build your mindfulness eating muscles!

Apricot Mindfulness Meditation

This is a favourite meditation of the children and teachers at the Daylesford Dharma School. It is a simple activity that is accessible for all children to help them to slow their mind down and develop their awareness of interdependence and gratitude. It goes hand- in-hand with mindful eating.

Purpose

To slow down and take time to completely enjoy eating this apricot. By eating this fruit slowly and silently, our mind can become more still and we will have a deeper experience of the present moment. Eating this apricot mindfully is an opportunity to look at the food in a way that allows it to become real. We take some time to contemplate this food before enjoying it. Eating the apricot slowly and silently is conducive to mindful eating.

Materials

Dried apricots or a favourite type of dried fruit- one per person.

Activity

- Arrange the dried fruit on a plate.
- Take some slow deep breaths as you take time to choose a piece.
- Each family member can select a single piece of the dried fruit.
- Hold the fruit and look carefully at it, notice the texture, the colour, its weight and shape.
- Smell the fruit.
- Take a small bite of the fruit, close your eyes, let it sit on your tongue, and let the saliva in your mouth soften the fruit, resisting the urge to eat this morsel of fruit. Notice what you can feel. What can you taste? Slowly chew the fruit and swallow.
- Relax your body with each bite, looking, smelling and noticing the texture and taste until the piece of dried fruit is finished.
- Share your experience together with curiosity and joy.

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May it be of benefit and be enjoyable.*

Mindful Tech Habits



Set Boundaries & Limits

- Use app timers to limit daily social media usage.
- Establish "tech-free zones" (e.g., no phones at the dinner table or in the bedroom).
- Take scheduled breaks from social media (e.g., one full day per week).



Create Physical Barriers

- Keep your phone out of reach when working or studying.
- Charge your phone outside the bedroom to avoid late-night scrolling.
- Use a real alarm clock instead of your phone.



Be Intentional With Your Usage

- Ask yourself "Why am I opening this app?" before logging in.
- Use social media for connection, not just mindless scrolling (e.g., message a friend instead of scrolling endlessly).
- Unfollow accounts that don't add value to your life.



Turn Off Notifications

- Disable non-essential notifications to reduce distractions.
- Use Do Not Disturb mode during focused tasks or social interactions.
- Set up a sleep mode function to have a set time each night to wind down from screen time and apps.



Replace With Other Activities

- Read a book, listen to a podcast, or try a new hobby instead of scrolling.
- Spend more time outdoors or engaging in physical activities.
- Practice mindfulness or journaling to reflect instead.

Mindful Tech Habits



Set up With Intention

- Rearrange or remove social media apps from your home screen to reduce temptation.
- Log out of social media to make it less convenient.
- Choose to engage with content that is positive, hopeful and creative.



Practice Digital Detoxes

- Try a one-hour or one-day social media detox regularly.
- Plan offline social events with friends and family.
- Set personal rules like "No social media after 8 PM" or "No phone in bed."



Track Your Usage & Reflect

- Use built-in screentime trackers to monitor your habits.
- Reflect on how social media makes you feel—does it bring value or stress?
- Keep a journal of your thoughts and experiences during time away from social media.



Using Tech for Mindfulness

- Download an app for mindfulness, meditation and relaxation such as: Plum Village App, Insight Timer App, Calm App