

## **Planting Seeds**

### **How does it help students?**

- Through calm silence and deep breathing, this activity causes students to reflect upon their actions.

### **What will we need?**

- Nothing!

### **How do we do it?**

- Sit calmly and close your eyes. Like a tall flower stretching toward the sun, plant both feet flat on the floor and reach your spine long and tall. Start to bring awareness to your breath.
- Take a moment to realize that the law of cause and effect means that every one of our actions produces some results. Our thoughts, speech, and actions - both positive and negative - affect our experiences. If you stop to think about everything that you do, you can see at some point everything you do begins with a thought. That thought is the seed for an outcome.
- Realize that one action has the capacity to produce many results. And whether an action is positive or negative doesn't just depend on the outcome. It also relates to your intention; the seed you plant that grows into the outcome.
- Further consider that negative intentions won't yield positive results, just as planting an orange seed won't yield an apple tree.
- So take a moment to think about what kind of seeds you are planting in your life. Think about how your life might change if you engage in more positive intentions, positive actions, and positive outcomes.

### **Additional Notes:**

This reflective activity works best for high school students.

**SOURCE:** Cause and effect (2016). Stop, breathe & think [meditation app].

Retrieved from <http://www.stopbreathethink.org>