

Rock Meditation

How does it help students?

- Within a calm stillness, this activity helps students to create more space within their hearts and minds as they use rocks to connect with the elements of nature.

What will we need?

- Rocks (or pebbles; can offer one or four to each student)

How do we do it?

- Sit quietly in a comfortable position holding your rock in your hand.
- As you breathe in, imagine yourself as a flower. As you breathe out, connect with how fresh you feel. Breathe deeply three times, reciting “flower” with each inhale and “fresh” with each exhale.
- Next as you breathe in, imagine yourself as a mountain. As you breathe out, feel solid. Breathe deeply three times, reciting “mountain” with each inhale and “solid” with each exhale.
- Now as you breathe in, imagine yourself as still water. As you breathe out, imagine how your mind is a reflection of how things really are. Breathe deeply three times, reciting “still water” with each inhale and “reflecting” with each exhale.
- Finally as you breathe in, see yourself as the vastness of space. Breathing out, feel free. Breathe deeply three times, reciting “space” with each inhale and “free” with each exhale.

Additional Notes:

- If using four pebbles, hold a different pebble for each deep breathing segment above.
- Native American flute music nicely accompanies this activity.

Source: Hahn, T. N. (2011). *Planting seeds: Practicing mindfulness with children*. Berkeley, CA: Parallax Press.