

Deep Relaxation Meditation

by Quána Madison, Clyfford Still Museum educator and mindfulness teacher

Time: 5 minutes

Before Exercise:

- Invite students to get into a comfortable position—standing, sitting, or lying down.
- Students may close their eyes if they feel comfortable. If doing this exercise virtually, consider sharing an image of a calming landscape or artwork for students to softly focus on.

Read the below script at a slow pace and with a calming voice:

- *Get into a comfortable position.*
- *Close your eyes if you feel comfortable, or softly look at something in the room, or on the screen (if a calming image is shared).*
- *You are going to visit a peaceful place in your mind.*
- *Imagine a peaceful space where you feel safe, comfortable, and totally relaxed.*
- *Your relaxing and safe space may be inside or outside...maybe it's a garden, a beautiful landscape, a favorite place you've visited before, somewhere you've always wanted to go, or somewhere imaginary.*
- *As you enter this peaceful space, picture letting go of your anxieties, worries, and your fears.*
- *When you are in your peaceful space, stress and tension melt away. Feel them leaving your body.*
- *Look around your peaceful space, and notice the details.*
- *What do you see around you? What colors do you notice?*
- *What do you smell in your peaceful space? What do you hear?*
- *Reach out and touch something in your space-what does it feel like?*
- *In this space, nothing can harm you. There is no to-do list or anything to worry about.*
- *Notice your toes, feet, and knees feeling more relaxed.*
- *Now notice your legs, hips, and lower back relaxing.*
- *Notice feelings of ease in your stomach and chest.*
- *Notice your heart softening and filling with love and compassion.*
- *Notice your shoulders and upper back releasing tension.*
- *Relax your face, your jaw, your eyebrows, your forehead.*
- *Your body, mind, heart, and spirit are gently embraced by tenderness, care, and love.*
- *Hold onto this feeling of being relaxed.*
- *Remind yourself that you can come back and relax in this peaceful space in your mind any time.*
- *Say to yourself, either out loud or silently, 'I am at peace. I can relax here. I can come to this peaceful inner space whenever I want.'*
- *When you are ready, open your eyes.*