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# Meditation Lesson Plan Template

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Easy Mindfulness for Today's Teens  
Cultivating Happiness, Resilience, and Well-Being Through Meditation, Mindfulness, and Movement  
Stress Free Kids Curriculum Teacher Kit  
Teach the Children Meditation  
Meditation in the College Classroom  
Tuning the Student Mind  
Sacred Story Youth Teacher Resource Guide Eighth Grade  
A Handful of Quiet  
Transformation Meditation Teacher Training Manuals  
Sitting Together  
Breathe Buddha Yoga and Meditation  
101 Inclusive and SEN Citizenship, PSHE and Religious Education Lessons  
Sacred Story Youth Teacher Resource Guide Second Grade  
Contemplative Practices in Higher Education  
Sacred Story Youth Teacher Guide Fourth Grade  
The Essentials of Teaching Health Education  
Teaching Meditation to Children  
The Contemplative Practitioner  
Buddhist Sutras: Lesson Book  
Teaching Mindfulness Skills to Kids and Teens  
Teach, Breathe, Learn  
Transformation Meditation Teacher Training Manuals  
Three Breaths and Begin  
Sensational Meditation for Children  
Teaching Mindfulness  
The Mindfulness Teaching Guide  
The First-Year Teacher's Survival Guide  
Mindfulness for Students  
Transformation Meditation Teacher Training Manuals  
Moving into Meditation  
The Art of Yoga Sequencing  
Essential Resources for Mindfulness Teachers  
The Great Cosmic Lesson Plan  
The Way of Mindful Education: Cultivating Well-Being in Teachers and Students  
Resources for Teaching Mindfulness  
Sacred Story Youth Teacher Resource Guide Seventh Grade  
Mindfulness  
Teaching Yoga Beyond the Poses

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## MONICA WEBER

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**Easy Mindfulness for Today's Teens** Rowman & Littlefield  
Meditation is a simple and practical activity that can enrich our lives and work in innumerable ways. It allows us to connect more deeply to ourselves and others and to the environment. In this book, John P. Miller, an expert in the field of holistic education, looks at mediation and how it can be integrated into one's work and daily life. Twenty years after it was first published, Miller's book remains one of the best guides to applying contemplative practice, covering a variety of theoretical, empirical, historical, and cross-cultural approaches. For this new edition, Miller has updated the text to reflect the growth of the mindfulness movement, new research into the brain, and his years of experience teaching and practising contemplation in teacher education. Whether one is interested in exploring how meditation can be used in the classroom or the workplace, or simply seeking to integrate it into one's personal life, *The Contemplative Practitioner* is the perfect companion.

**Cultivating Happiness, Resilience, and Well-Being Through Meditation, Mindfulness, and Movement** W. W. Norton & Company

*Essential Resources for Mindfulness Teachers* offers the reader a wealth of knowledge about the explicit and implicit aspects of mindfulness-based teaching. The book focuses on how to develop the craft of teaching mindfulness-based courses and is divided into three parts. Part I addresses the explicit elements of mindfulness-based courses, such as how to offer meditation practices and inquiry. Part II investigates the subtle but powerful implicit qualities needed within the teacher to convey the essence of mindfulness. Part III is a series of chapters on the underpinnings, considerations, and theories surrounding the teaching of mindfulness-based courses, and includes a new framework for reflective practice – the Mindfulness-Based Interventions: Teaching and Learning Companion (the TLC). The book is a core companion text for both trainees and established

mindfulness-based teachers, and is a resource you will return to again and again.

**Stress Free Kids Curriculum Teacher Kit** Createspace Independent Publishing Platform

Sarah Vallely has created a step-by-step roadmap for teaching children how to meditate. Rich with philosophy, supporting science and practical examples, this book clearly explains the benefits of meditation for today's young generation. Included are 12 meditations and a variety of fun-filled exercises to help you get started right away. Higher self esteem, improved focus, better reading skills, closer family relationships and better health are just a few of the outcomes parents, therapists and teachers who have used *Sensational Meditation for Children* are raving about.

**Teach the Children Meditation** Parallax Press

How can we rethink teaching practices to include and engage the whole student? What would student experience look like if we integrated silence and feeling with empirical analysis? *Tuning the Student Mind* is the story of one teacher's attempt to answer these questions by creating an innovative college course that marries the spiritual and the theoretical, integrating meditation and self-reflection with more conventional academic curriculum. The book follows Molly Beauregard and her students on their intellectual and spiritual journey over the course of a semester in her class, "Consciousness, Creativity, and Identity." Interweaving personal stories, student writing, and Beauregard's responses, along with recommendations for further reading and a research appendix, it makes the case for the transformative power of consciousness-centered education. Written in a warm, engaging voice that reflects Beauregard's teaching style, *Tuning the Student Mind* provides an accessible, step-by-step template for other educators, while inviting readers more broadly to reconnect with the joy of learning in and beyond the classroom.

*Meditation in the College Classroom* Springer

- Beat stress, anxiety and depression by understanding the secret core of Western cognitive behavioral therapy and psychotherapy.- Wake up from the suffering of stress, anxiety and depression by discovering the hidden heart of Eastern meditation and mindfulness.- A simple step by step 10 week plan - and get

access to amazing supporting materials like meditation albums, assessment forms and other online resources. Written by psychotherapist, Phil Tyson PhD, this book not only gives a compelling case for Eastern Mindfulness and Meditation, but also teaches the secret core of all Western psychotherapies. Phil is not only trained in three schools of psychotherapy, written a PhD and a book on the subject, but also used these techniques to rebuild his life following a major depressive episode which cost him his job, his home and led to bankruptcy. He now runs a successful independent practice in Manchester, UK, and regularly appears and writes in the media. The book culminates in a simple 10 week plan, supported with an array of resources, to help you wake up from the suffering of stress, anxiety and depression.

**Tuning the Student Mind** Corwin Press

What if you walked into your classroom to find a room full of students who were working cooperatively with one another, focusing on the day's lesson, and able to regulate their own thoughts and feelings? Learn how to teach mindfulness strategies to your elementary and middle school students to provide a foundation for social-emotional well-being and academic engagement. Based on research and designed to complement any school setting, no matter how busy, the practices in this book will create the groundwork for a positive and productive learning environment. The curriculum covers these five key mindfulness practices: Breath awareness Body awareness Focusing on gratitude Kindness toward self and others Open awareness Each chapter includes a detailed lesson plan with suggested wording, as well as support materials (e.g., journal templates, activity sheets, and infographics). These tools, as well as audio recordings of the practices, are also available on our website as free eResources for classroom use ([www.routledge.com/9781138586550](http://www.routledge.com/9781138586550)).

*Sacred Story Youth Teacher Resource Guide Eighth Grade* Createspace Independent Publishing Platform

Over two years in development and tested with hundreds of students and teachers, Sacred Story Youth (SSY) is a new program designed to teach the classic Ignatian Examination of Conscience in a new way to children in Pre-K to Eight Grade. It is

intended for use by teachers, parents, youth ministers and anyone else who is interested in helping youth learn how to pray and understand spiritual discernment. The five movements of the Sacred Story Prayer (Creation, Presence, Memory, Mercy and Eternity) are combined with various Commandments at each grade level to help youth learn both the content of their faith as well how to connect with God personally in prayer. The Teacher Resource Guides for SSY contain: Each SSY Program Packet Contains Lesson Plans and Everything You Need to Teach Youth How to Pray the Ignatian Examen: 1. Teacher Program Overview 2. Guided Ignatian Meditations 3. Scope and Sequence for Pre-K to Eighth Grade 4. Four Easy Steps Teacher Visual Guide for SSY's Three Lesson Plans 5. Eighty-Page SSY Theological Resource Guide for Teachers 6. Life of St. Ignatius Loyola and Meditation Instruction PowerPoint Lesson (access from [sacredstory.net](http://sacredstory.net) website) 7. Certificates of Appreciation for students 8. Information Letter for Parents of SSY Students 9. Three Complete LESSON PLANS Plus Complete UNIT PLAN OVERVIEW 10. Template for the Student Meditation Response Logs.

*A Handful of Quiet* Springer Science & Business Media  
Rational Buddhism for Beginners. This book is intended for beginning meditators and students, and for use by instructors during Buddhist retreats for beginners. It contains thirty lessons that lead progressively through the ancient and basic tenets of Buddhism and include instructions in compassion, virtue/morality, history and meditation. Instructors are free to copy the worksheets for student practice. The book is full of quotes with minimal commentary, and includes scholarly references, with a glossary and bibliography. This is a useful reference book that can also be used for "do it yourself" study and inspiration. The book has been used and refined from actual study group experience. The author is an experienced, certified secondary teacher, and incorporates best practices of lesson planning as a format for the text of each chapter. Since it derives from the needs and questions of new students, it is easy to access by and is relevant for beginners.

### **Transformation Meditation Teacher Training Manuals**

Createspace Independent Publishing Platform

This master-class-in-a-book is designed to guide teachers of mindfulness-based interventions (MBI) in continuing to develop more competence while raising global standards of practice and

pedagogy. Starting with the central yet elusive concept of stewardship, it then expands upon the core components of MBI pedagogy. A series of reflective essays by MBI teachers from around the world foregrounds differences and challenges in meeting participants "where they are." Such reflections are both inspiring and thought-provoking for teachers —wherever they are. The book also provides practical guidance and tools for adjusting teaching style and content for special populations, from chronic pain patients to trauma survivors, from health care professionals to clergy, and including many others. Detailed scripts and practices, ready to adopt and adapt, offer opportunities to explore new directions in the classroom, and to continue the life-long development of the teacher. Included in the coverage: Deepening teachers' skills of guidance of meditation practices Insights into the essential practice of inquiry and dialogue with participants New practices that allow participants to explore mindfulness together in a spoken encounter How to keep up with, review, and make clear to participants the range of scientific evidence supporting the MBIs The breadth of practical insights and hands-on strategies makes *Resources for Teaching Mindfulness* a unique developmental asset for a wide range of practitioners around the world. Among those who will benefit are physicians and other medical practitioners, health and clinical psychologists, marriage and family therapists, nurses, clinical social workers, physical and occupational therapists, health educators, and organizational development specialists.

*Sitting Together* John Wiley & Sons

Contemplative pedagogy is a way for instructors to: empower students to integrate their own experience into the theoretical material they are being taught in order to deepen their understanding; help students to develop sophisticated problem-solving skills; support students' sense of connection to and compassion for others; and engender inquiries into students' most profound questions. Contemplative practices are used in just about every discipline—from physics to economics to history—and are found in every type of institution. Each year more and more faculty, education reformers, and leaders of teaching and learning centers seek out best practices in contemplative teaching, and now can find them here, brought to you by two of the foremost leaders and innovators on the subject. This book presents background information and ideas for the practical

application of contemplative practices across the academic curriculum from the physical sciences to the humanities and arts. Examples of contemplative techniques included in the book are mindfulness, meditation, yoga, deep listening, contemplative reading and writing, and pilgrimage, including site visits and field trips.

**Breathe Buddha Yoga and Meditation** Watkins Media Limited  
Home-Study Meditation Teacher Training Instruction Manual with theory of yogic meditation, techniques for relaxation, breathing and meditation, lesson plans and marketing ideas, plus Handouts and Samples Manual with handouts for foundation and intermediate courses and marketing templates. For complete course with email support, Certificate of Achievement and CD recordings visit [www.transformedu.com](http://www.transformedu.com)

101 Inclusive and SEN Citizenship, PSHE and Religious Education Lessons Routledge

Home-Study Meditation Teacher Training Instruction Manual with theory of yogic meditation, techniques for relaxation, breathing and meditation, lesson plans and marketing ideas, plus Handouts and Samples Manual with handouts for foundation and intermediate courses and marketing templates. For complete course with email support, Certificate of Achievement and CD recordings visit [www.transformedu.com](http://www.transformedu.com)

*Sacred Story Youth Teacher Resource Guide Second Grade* Balboa Press

Create an inclusive classroom for all with these fun and accessible activities for PSHE, Citizenship and Religious Education lessons. Each lesson is tailored for children working below National Curriculum levels and includes a learning objective, the resources needed, the main activity, a plenary and a consolidation activity to help support children's understanding. These subjects are key to teaching children the concepts of self-awareness, independence and community, which can be difficult to teach to children with SEN but are vital for their self-esteem and mental wellbeing. The activities in this book have been specifically designed to promote fine and gross motor skills and utilise lots of visual stimulus, which is important for working with children with SEN. This straightforward and practical book offers you 101 creative classroom activities for teaching Citizenship, PSHE and Religious Education to pupils who are working below national curriculum levels, as well as mapping the range of additional skills

they will acquire.

**Contemplative Practices in Higher Education** AuthorHouse  
Over two years in development and tested with hundreds of students and teachers, Sacred Story Youth (SSY) is a new program designed to teach the classic Ignatian Examination of Conscience in a new way to children in Pre-K to Eight Grade. It is intended for use by teachers, parents, youth ministers and anyone else who is interested in helping youth learn how to pray and understand spiritual discernment. The five movements of the Sacred Story Prayer (Creation, Presence, Memory, Mercy and Eternity) are combined with various Commandments at each grade level to help youth learn both the content of their faith as well how to connect with God personally in prayer. The Teacher Resource Guides for SSY contain: Each SSY Program Packet Contains Lesson Plans and Everything You Need to Teach Youth How to Pray the Ignatian Examen: 1. Teacher Program Overview 2. Guided Ignatian Meditations 3. Scope and Sequence for Pre-K to Eighth Grade 4. Four Easy Steps Teacher Visual Guide for SSY's Three Lesson Plans 5. Eighty-Page SSY Theological Resource Guide for Teachers 6. Life of St. Ignatius Loyola and Meditation Instruction PowerPoint Lesson (access from sacredstory.net website) 7. Certificates of Appreciation for students 8. Information Letter for Parents of SSY Students 9. Three Complete LESSON PLANS Plus Complete UNIT PLAN OVERVIEW 10. Template for the Student Meditation Response Logs.

*Sacred Story Youth Teacher Guide Fourth Grade* eBook Partnership

Packed with creative, effective ideas for bringing mindfulness into the classroom, child therapy office, or community, this book features sample lesson plans and scripts, case studies, vignettes, and more. Leading experts describe how to harness the unique benefits of present-focused awareness for preschoolers, school-age kids, and teens, including at-risk youth and those with special needs. Strategies for overcoming common obstacles and engaging kids with different learning styles are explored. Chapters also share ways to incorporate mindfulness into a broad range of children's activities, such as movement, sports, music, games, writing, and art. Giving clinicians and educators practices they can use immediately, the book includes clear explanations of relevant research findings.

*The Essentials of Teaching Health Education* State University of

New York Press

An inclusive guide for yoga teachers and practitioners to create balanced movement sequences and well-rounded classes for all students. Discover a unified theory for sequencing fresh, contemporary yoga and mindful-movement classes that reflect the diversity of modern practitioners. Yoga instruction innovator Sage Rountree's approach to teaching grows from a simple truth: bodies feel better when they move in many different ways and directions. But in a social-media fueled yoga scene that over-celebrates acrobatic, unrealistic poses, it's easy for even the most experienced instructor to lose touch with their students. The fix is clear: Real students need simple lessons taught clearly. Yoga teacher, trainer, and bestselling author Sage Rountree draws on years of expert experience to offer a fresh, contemporary approach to yoga sequencing and mindful movement that reflects the diversity and meets the needs of the modern yogi. *The Art of Yoga Sequencing* celebrates students of all kinds, styles, and levels. Grounded in exercise physiology while honoring yoga traditions, Rountree's new offering includes: Adaptable examples, templates, and preset lesson plans 475 inclusive photos demonstrating over 35 full sequences Actionable tips for increasing student accessibility Creative ideas for props, lighting, music, and more Whether you're a current or aspiring teacher or advanced practitioner, you'll find here every tool you need to create inspired yoga classes and home practices. Even if you teach in a set format—like at a franchise or strongly branded studio—this yoga tool kit will help you lead students along any path with a clarity that honors all bodies.

*Teaching Meditation to Children* University of Toronto Press

The applications and use of mindfulness-based interventions in medicine, mental health care, and education have been expanding as rapidly as the empirical evidence base that is validating and recommending them. This growth has created a powerful demand for professionals who can effectively deliver these interventions, and for the training of new professionals who can enter the fold. Ironically, while the scientific literature on mindfulness has surged, little attention has been paid to the critical who and how of mindfulness pedagogy. *Teaching Mindfulness* is the first in-depth treatment of the person and skills of the mindfulness teacher. It is intended as a practical guide to the landscape of teaching, to help those with a new or growing

interest in mindfulness-based interventions to develop both the personal authenticity and the practical know-how that can make teaching mindfulness a highly rewarding and effective way of working with others. The detail of theory and praxis it contains can also help seasoned mindfulness practitioners and teachers to articulate and understand more clearly their own pedagogical approaches. Engagingly written and enriched with vignettes from actual classes and individual sessions, this unique volume: Places the current mindfulness-based interventions in their cultural and historical context to help clarify language use, and the integration of Eastern and Western spiritual and secular traditions Offers a highly relational understanding of mindfulness practice that supports moment-by-moment work with groups and individuals Provides guidance and materials for a highly experiential exploration of the reader's personal practice, embodiment, and application of mindfulness Describes in detail the four essential skill sets of the mindfulness teacher "p> Proposes a comprehensive, systematic model of the intentions of teaching mindfulness as they are revealed in the mindfulness-based interventions Includes sample scripts for a wide range of mindfulness practices, and an extensive resource section for continued personal and career development Essential for today's practitioners and teachers of mindfulness-based interventions *Teaching Mindfulness: A Practical Guide for Clinicians and Educators* brings this increasingly important discipline into clearer focus, opening dialogue for physicians, clinical and health psychologists, clinical social workers, marriage and family therapists, professional counselors, nurses, occupational therapists, physical therapists, pastoral counselors, spiritual directors, life coaches, organizational development professionals, and teachers and professionals in higher education , in short, everyone with an interest in helping others find their way into the benefits of the present moment.

*The Contemplative Practitioner* North Atlantic Books

Meditation can help children cope with the intensity of their feelings and the pressures in their lives—among family, with friends, at school. It gives even the youngest kids enhanced self-understanding, and is especially valuable for adolescents navigating the emotional peaks and valleys that emerge during that tricky period. That's why parents, teachers, and anyone involved with young people will welcome this invaluable guide,

which teaches them the techniques needed to work with children ages five to eighteen. The astonishing benefits range from relieving shyness, anxiety, and tension to reducing hyperactivity, aggression, and impatience. Meditation has also proved useful in treating asthma, insomnia, and depression, in improving concentration and creativity, and in establishing balance throughout a child's life.

**Buddhist Sutras: Lesson Book** Simon and Schuster  
Indigo ocean dreams presents 4 children's stories and techniques designed to decrease stress, anxiety, and anger while promoting

self-esteem and self-awareness. Ideal for ages 6-12.

**Teaching Mindfulness Skills to Kids and Teens** North Atlantic Books

In *Teach, Breathe, Learn*, Meena Srinivasan highlights how mindfulness can be an effective tool in the classroom. What makes this book truly unique is her perspective as a classroom teacher, wrestling daily with the conditions about which she writes. "Teach, Breathe, Learn provides accessible, practical application of mindfulness to overcome challenges faced during the school day." Testimonials from students and colleagues are woven throughout the book. *Teach, Breathe, Learn* is designed for

educators at all levels, parents interested in sharing mindfulness with their children, and anyone curious about how to cultivate their own mindfulness practice and eventually teach mindfulness to others. Part 1 helps teachers develop compassion and shift from "reacting" to "responding" to demands. Part 2 offers techniques for cultivating loving-kindness, gratitude and seeing students, colleagues, and parents as oneself. The last section of the book introduces a curriculum teachers can use to incorporate mindfulness into their classroom, replete with lesson plans, handouts, and homework assignments.