

Scripts to go with mini-meditation videos

I Am Happy, I Am Good:

How-To:

Start with pointer fingers stretched out, using thumb to hold other fingers curled.

Sequence:

Out-loud, whistle, silent w/ hand motions, (silent w/ hand motions, whisper, out-loud)

***I am happy; I am good. I am happy; I am good** (Shake pointer fingers)

***A-E-I-O** (hands touching the belly area)

***A-E-I-O** (hands touching the heart area)

***A-E-I-O** (hands pressing gently at the top of the head)

***U pronounced you** (hands stretched up, reaching up to sky)

***Ha-ha-ha-ha** (hands pressing gently at the top of the head)

***He-he-he-he** (hands touching the heart area)

***Ho-ho-ho-ho** (hands touching the belly area)

***Hooooooo** pronounced “who” (hands reaching our by the knees)

I Am So Calm (seated):

How To:

Place hands comfortable down, in lap or on legs. Use both hands simultaneously. Can also cross the wrists at the chest, so right is left and left is right. Repeat phrase with, one word per finger press.

Sequence: *Out-loud, whistle, silent w/ hand motions, (silent w/ hand motions, whisper, out-loud.) Use a timer or do certain # of repetitions. All sections equal length (abccbba)*



I Am So Calm #1 (standing):

4-part exercise linked together with the phrase “I Am So Calm” and a continuous, rhythmic bending of the knee (once per syllable). Each part is done for four counts.

Begin standing in Archer/Warrior1 pose with right leg & right arm forward, looking directly at the raised thumb (other fingers are curled together)

***Bend the right knee up and down deeply, look directly at the extended thumb, repeat 4x as you say the phrase.**

***Clap the hands overhead, bend the right knee up and down deeply, repeat the phrase 4x.**

***Clap the hands in-front of the body, bend the right knee up and down deeply, repeat the phrase 4x.**

***Clap the hands behind the back, bend the right knee up and down deeply, repeat the phrase 4x.** Repeat the whole sequence 1 or 3 more times or time for a minute.

Repeat with the left leg forward.

I Am So Calm #2 (standing):

4-part exercise linked together with the phrase “I Am So Calm” and a continuous, rhythmic bending of the knee (once per syllable). Each part is done for four counts.

Begin standing in Archer/Warrior1 pose with right leg & right arm forward, looking directly at the raised thumb (other fingers are curled together)

***Bend the right knee up and down deeply, look directly at the extended thumb, repeat 4x as you say the phrase.**

***Clap the hands overhead, bend the right knee up and down deeply, repeat the phrase 4x.**

***Clap the hands in-front of the body, bend the right knee up and down deeply, repeat the phrase 4x.**

***Clap the hands behind the back, bend the right knee up and down deeply, repeat the phrase 4x.** Repeat the whole sequence 1 or 3 more times or time for a minute.

Repeat with the left leg forward.

Take 5 Breath: *To calm, focus and relax. Hand up, like taking an oath. Make a gentle fist. Uncurl one finger at a time, breathing in through your nose and count 1, 2, 3, 4, 5 in your mind. Gradually release the breath through the nose and count 5, 4, 3, 2, 1, as the fingers curl, one at a time, back to the gentle fist.*

•