Guided Meditation for Teachers

To begin this meditation, start by finding a comfortable, seated position. Allow your attention to be directed inwards. Checking in with how you are feeling in your body and in your mind. Bringing a sense of acceptance to whatever your experience may be – because it is already here.

For the second part of this meditation, direct your awareness to your breath. Observing the full cycle of your breath from the beginning of the inhalation to the end of the exhalation. Perhaps saying to yourself – “inhaling” as you inhale and “exhaling” as you exhale. Just simply staying with one point of focus. And when distractions tug at your awareness, gently guide your attention back to the breath.

Now that you have taken some time to settle into the meditation, see if you can bring an image of your students into your mind’s eye. See what it is like to hold this image. As you continue to hold this image, see if you can evoke feelings of kindness towards your students. To help you in this practice, you may try bringing forth phrases that capture your deepest feelings. Some phrases you may try are the following: “May you all be happy;” “May you all be healthy;” “May you all learn in peace.”

For the next part of this practice, see if you can direct the same feelings of kindness towards yourself as a teacher. Recognizing the qualities in you that benefit your students: your commitment, your compassion, your care, and your support. And recognizing how at times we may feel uncertain or judged, particularly from ourselves when faced with difficult situations. So, as you offer yourself loving kindness, find phrases that resonate with you: “May I be happy;” “May I be healthy;” “May I be at peace;” “May I do the best I can as a teacher to support my students.”

And now bring your entire classroom into your mind’s eye. As you hold this image, again evoke feelings of kindness with the phrases that you have chosen: “May we all be happy;” “May we all be healthy;” “May we all be at peace;” “May we live in ease and learn together.”

*This resource can also be used with your students

Friend to Friend is a school-based intervention program designed by experts at Children’s Hospital of Philadelphia to reduce relational aggression among high-risk 3rd to 5th grade girls as well as improve the broader classroom climate in urban schools. Learn more about Friend to Friend by visiting https://violence.chop.edu.