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Guided Meditation for Teens

The following meditation is written for the teens in your classroom. It can take several times of hearing a guided meditation before it becomes a helpful experience, especially for those who may be new to a mindfulness practice.

In case students ask, this meditation is not connected to any particular religion. The goal of this guided meditation is to help students hone their skills to pay attention, and to increase emotion regulation.

As you recite the meditation, read slowly, taking several longer pauses between the line or paragraph breaks.

After the guided mediation, ask students to work quietly on the handout. They can add words of gratitude or joy to the page, or they can add color or additional pictures on the paper.

After an allotted amount of time, students can share their pages in pairs, small groups or within the whole class.



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Sit in a comfortable position with your feet on the floor, and your back straight; feeling relaxed and alert.

Take a long, deep breath; breathe in, pause, breathe out, pause.

Allow your breath to become natural. As you breathe in, notice the air coming into your nostrils, and the warmth of your breath as it exhales your mouth.

Notice the rise and fall of your chest as you breathe in and out.

Look around the room. Notice the lights, the desks, the lines on the ceiling or floor. Notice your own space that surrounds you, keeping you safe. Return to your breath; notice the air flowing in and out of your body.

Turn your attention to your body. Notice any tightness or tension in your forehead, shoulders or back, or your arms or legs.. Soften your eyes and face. Relax your shoulders, and your arms and legs.

Close your eyes and mindfully notice any sounds in the room, talking in the hallway, or the sound of the air conditioner or heater.

Without any judgments, reflect on any feelings you may have. Any sadness or pain in your life. Notice those feelings and allow them to float away like a cloud floating by in the blue sky above.

As you sit still, reflect on any joys or gratitudes in your life or in your day today. Notice those who bring you joy; it may be someone in your family, a friend or even a pet. Pay attention to the feeling of joy; notice it as much as you can.

Notice as you sit between heaven and earth, and rest in your breathing.

When you are ready, open your eyes.