

Meditation

1. Verb Base Form
2. Noun
3. Verb Present Ends In Ing
4. Part Of Body
5. Verb Base Form
6. Verb Base Form
7. Noun
8. Adjective
9. Verb Base Form
10. Number
11. Verb Present Ends In Ing
12. Adjective
13. Adjective
14. Noun
15. Noun
16. Verb Present Ends In S
17. Part Of Body
18. Noun
19. Verb Base Form
20. Verb Base Form
21. Proper Noun
22. Part Of Body
23. Noun

24. Number
25. Adjective
26. Number
27. Adverb
28. Part Of Body

Meditation

Begin by saying: "I will guide us through a mindfulness meditation for the next five minutes."

Instruct participants to close their eyes and take three deep breaths; do so along with them.

Say: "As we _____ Verb Base Form here, in communion with _____ Noun and each other, you'll notice thoughts _____ Verb Present ends in ING across your _____ Part of Body. Acknowledge them, but try not to _____ Verb Base Form on them. Accept all the noises you _____ Verb Base Form around you. They aren't _____ Noun; they're simply the _____ Adjective rhythm of your current space. All you need to do right at this very moment is sit and _____ Verb Base Form.

Pause for _____ Number seconds.

Say: "Your mind is probably _____ Verb Present ends in ING from thought to thought. This is _____ Adjective. You belong. Don't worry about your _____ Adjective mind; just focus on your body's _____ Noun going in and out."

Pause for _____ .

Say: "Observe the _____ Noun of your breath. When a thought _____ Verb Present ends in S into your _____ Part of Body, release it and _____ Noun on your breathing. _____ Verb Base Form the breath in and _____ Verb Base Form the breath out. Let go of _____ Proper Noun about how this meditation would go and just keep bringing your focus back to your breath."

Pause for 30 seconds.

Say: "Feel your _____ Part of Body rise and retreat with each passing breath."

Pause

for 30 seconds.

Say: " _____ Noun _____ on completing a mindfulness meditation. You are now _____ Number _____ baby step closer to connecting with the _____ Adjective _____ and getting to know yourself better. Good work."

Instruct the participants to take _____ Number _____ more deep breaths and do it with them.

Say: " _____ Adverb _____ open your _____ Part of Body _____."