

## Recipe for the Best School Year Yet! – Final Recipe!

1. **Intention** – Intention Mala – remember your intention for the school year:

My intention is

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For example, “My intention is to be adventurous” (or kind, or strong, or to make friends, etc.)

2. **Affirmation** – Affirmation Catcher and create an affirmation around your intention:

I am

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For example, “I am strong. My strength comes from my connection to God and my soul.”

3. **Agreements** – Agreement Pencils – keep your agreements to be ...

I agree to be:

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For example, “I agree to be kind, clean, safe, and try.”

**4. Decide how you will meditate.** Circle what you think you will use:

- a) Mind Jar – watch the glitter settle and notice your feelings and thoughts settle. Feel peace and joy inside you.
  - b) Breath Spring – Breathe with your breath spring, then rest, feeling the peace of your heart.
  - c) Chant or sing a spiritual song - rest quietly in the silence and peace afterward.
  - d) Walking meditation - Walk quietly in nature each day. With the mind quiet, observe all that is around you.
  - e) Chime Meditation
  - f) Fingerhold Meditation
  - g) Hatha Yoga – do some stretches, then sit quietly, calming your mind. Rest.
  - h) Other
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**5. Decide where you will meditate.** A favorite chair, in the garden, or sitting on your bed. You can create your own meditation corner!

I will meditate here:

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**6. Decide when you will meditate.** Before school can help clear your mind for learning, afterschool can help with homework, or right before bedtime, can help you have a good night's sleep!

I will meditate \_\_\_\_\_ (name time of day).

2020 Meditation Calendar						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October						
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	1	2	3
				November		