

Script 1: Body Scan Meditation

- *Find a comfortable position, sitting or lying down.*
- *Start by taking a few deep breaths, in through your nose, out through your mouth.*
- *Now, bring your attention to your feet. Feel the weight of your feet on the ground. Notice any sensations.*
- *Move your attention to your ankles, then your calves. Feel the muscles relax.*
- *Continue to scan your body, moving slowly up to your knees, thighs, hips, and lower back.*
- *Feel the tension melting away from your body.*
- *Bring your attention to your belly. Breathe deeply, feeling your belly rise and fall.*
- *Continue the scan to your chest, shoulders, and neck. Let go of any tightness.*
- *Focus on your arms, hands, and fingers. Relax each muscle.*
- *Bring your attention to your face. Relax your jaw, forehead, and eyes.*
- *Take a few more deep breaths, feeling your whole body relaxed and calm.*

Script 2: Mindfulness of Breathing

- *Find a comfortable position.*
- *Close your eyes and focus on your breath.*
- *Feel the air entering your nostrils, moving down your throat, and filling your lungs.*
- *Pay attention to the sensation of the air leaving your body.*
- *Don't try to control your breath. Just observe it.*
- *If your mind wanders, gently bring it back to your breath.*
- *Continue to focus on your breath for a few minutes.*

Script 3: Grounding Meditation

- *Imagine roots growing from the soles of your feet, deep into the earth.*
- *Feel the earth supporting you, strong and steady.*
- *Visualize the roots drawing up energy from the earth, nourishing your body and mind.*
- *Imagine the top of your head reaching towards the sky, like a tree reaching for sunlight.*
- *Feel the sky's energy flowing into you, bringing peace and clarity.*
- *Stay connected to both the earth and the sky for a few minutes.*

Additional Tips:

- Use simple, clear language.
- Speak slowly and calmly.
- Encourage silence after the meditation to allow participants to integrate the experience.
- Offer variations for different comfort levels or preferences.