

Meditation for the 5 Parts of the Day

The Five Parts of the Day invite educators and students to integrate meditation into the natural rhythm of the day. Begin by creating a clear, comfortable space. Sit upright and stable, relax your face, soften your body, and tune inward as an observer. These simple practices support balance, focus, and a learning environment where every mind and body can thrive.



Instructional videos available online. Follow each QR code to access.



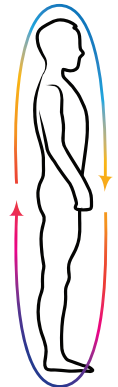
Good Morning Wake-Up

Meditation Practice: Body Scan

Morning meditation practices to help settle the nervous system and support focus at the start of the day.

Body Scan Meditation

Purpose: Gently awaken mind-body awareness by guiding attention through the body, helping to settle the nervous systems, release tension, and arrive grounded, focused, and ready to begin the day.



Calm the Butterflies

Meditation Practice: Sensory Check-In

Butterflies are a sign your nervous system is activated. That can mean excitement or worry. Today we're practicing how to calm the butterflies—to reframe our thoughts of what we are anxious or nervous about. Our work is not to push them away, but by helping the body feel safe. Getting back in the zone isn't about forcing focus. It's about gently bringing your attention back—again and again.

Sensory Check-In

Purpose: Anchor attention in the present moment by tuning into the senses, helping to regulate heightened emotions, calm nervous system activation, and shift from anxious or scattered energy into a state of safety and readiness.





Get Back in the Zone

Meditation Practice: Quieting the Mind

Designed for moments when focus has drifted, emotions are elevated, or energy is scattered. Where the mind goes energy flows, when we can identify with our ANTS (automatic regular thoughts) we have the capacity to reframe our mind and our DMN (default mode network). These practices help students reset attention, regulate the nervous system, and re-engage with learning.

Quieting the Mind

Purpose: Notice and soften mental noise, creating space between thoughts and attention and reset focus, regulate the nervous systems, and re-engage with teaching, learning or the task at hand.



Seventh Inning Stretch

Meditation Practice: Energy Sweep

Short, energizing reset moments designed to release restlessness, refresh focus, and re-engage learning through the end of the school day. Healthy strategies to help the brain reset and come back online.

Energy Sweep

Purpose: To refresh and rebalance energy in the body through mindful awareness and movement, helping to release restlessness, restore alertness, and sustain engagement through the remainder of the day.



Leave It at the Door

Meditation Practice: Peaceful Practice

Practices that help students transition from the classroom, release stressors from their day, and unwind as they transition from learning to work, play, or home. Leaving something at the door doesn't mean it doesn't matter. It means you're giving yourself space to let go.

Peaceful Practice

Purpose: Intentionally release the mental and emotional load of the day, creating a sense of closure, calm, and readiness to transition into the next part of the day with greater ease.

