



## THE BEATLES STORY ONLINE EDUCATION ACTIVITY

### MEDITATION – PE/PSHE

#### Activity Name:

Meditation

#### Curriculum Focus:

PE/PSHE

#### Age Phase:

All ages

#### Activity:

The Beatles, and George Harrison especially, were famously fans of meditation. George Harrison and the rest of the Beatles famously learnt to meditate during a trip to India in 1968. Meditation originated in India many hundreds of years ago. However, it's very easy to meditate and is very helpful if you simply want to relax or chill out. You can practice it alone or with family and friends.

#### Task:

Complete the following exercises. You may want to put on some relaxing music in the background. Maybe some Beatles music? E.g. 'Here Comes the Sun', 'In my Life'

This is a simple meditation guide for all the family and all ages.

Here's how you do it:

1. Find somewhere comfortable to sit: a big cushion, a bean bag or a yoga mat are the best things to sit on. You may have seen people who meditate sitting in the "lotus" position or sitting with their legs crossed. You can sit like this if you want but you don't have to - just find a position that is comfortable and relaxing for you.
2. Think of a "mantra." This can be a simple word that makes you feel relaxed, like "calm," "peace," or even the name of your favourite pet or animal! It doesn't matter - just pick a word that makes you feel peaceful and happy.
3. Close your eyes and think of your chosen word. You can even say your chosen word to yourself under your breath if you like. If your thoughts drift off to something else (and they will!), don't worry! Just gently bring your thoughts back to your chosen word. Try and do this for ten minutes. Then, open your eyes. That's it! Try and meditate once a day for 10-20 mins. It will really help you stay calm and relaxed. There are plenty of free meditation guides online for you and your family to explore - and remember, it worked for The Beatles! Paul McCartney says that he still practices meditation every day!

### **Resources suggestions:**

Yoga Mat, Bean Bag, Cushion