

Intention Setting

Time Needed:	5 - 10 minutes
Group Size:	any
Objectives:	For students to set an intention for their day, afternoon, and have an opportunity to think about how they wish to be.
Materials:	Script (below)
Links/Resources	n/a
Recommended Grade:	5-12

Activity Description:

Help tips before beginning the script:

- Read the following intention setting script in a calm voice.
- Students are encouraged to sit in a comfortable seat, even have their heads resting on their desks in a “nap” position. They will be invited to gaze down or close their eyes.
- Feel free to adjust the language and wording of the script so it feels most authentic to the reader
- Speak slowly, with lots of time for students to reflect
- A “safe container,” kindness, trust, and students able to be quiet is important for this exercise.
- This activity has been adapted for you do to with your students online such as on Google Hangout
- After all students are added to the video chat, as them to mute their microphones to avoid distraction to others

Begin when the class is quiet and calm (mics muted)::

“We are going to be doing some reflecting on how we wish to be today. This will help us to feel a sense of calm and aware, so we can be the best versions of ourselves. I’ll invite you to gently close your eyes or gaze down if closing your eyes is uncomfortable for you. Feel free to rest your head and arms on your desk. It’s important we focus on ourselves with our gaze down during this time, without looking around the room at others.

Begin to notice where your body makes contact with the chair beneath you. Start to feel all places where your body is supported by the chair. Begin to simply notice what it feels like to “be” here.

Gently bring attention to your breath, know that you don’t have to control or change your breath in any way, just simply notice the sensations of how your breath arises and passes. Perhaps you feel your belly rise and fall.

Now take a slow deep breath in and follow your breath all the way out... two more breaths like that.

I'm going to ask you three questions and then give you some time after each one so you can contemplate the answers in your head, and start to think about what matters most to you today. You'll make an intention of how you wish to live this afternoon So as you begin this (afternoon):

Number 1. What is it that matters most to you today? (allow for pause) We know it's easy to get caught up in the busyness of the day, the things you need to get done, but you are only going to live this day once, so what is it that matters most

(20 - 30 second pause)

Number 2. What would you like to let go of today? (allow for pause) Are you holding any resentment, regrets, grudges, old beliefs or negative thoughts that no longer really serve you? What would you like to let go of today?

(20 - 30 second pause)

Number 3. My final question is: who do you choose to be today? (allow for pause) In other words, what are the values you choose to live and express in the world today? - in your relationships and interactions with friends, family, teachers.. At home, at school... who do you choose to be? (allow for pause)

You may wish to silently repeat to self I chose to be..... and let the answers come – maybe you chose to be loyal, kind, courageous, a good friend, who do you choose to be?

(20 - 30 second pause)

Let's start to bring our attention back to this moment, this breath. Take a deep breath, big long breath in and long slow breath out.

(pause, guide students through as many breaths as you choose)

As we start to bring our awareness back to the room, perhaps set an intention to take these three intentions with you (this afternoon). If throughout the day you feel yourself getting off course, stressed, off center, perhaps a version of yourself you don't wish to be, you can always take a pause, take a deep slow breath and once again remember what matters most to you.

Slowly let's begin to wiggle our fingers and toes, take a couple more big deep breaths in and out, and slowly come to a seated position as we finish.

Questions for Reflection	<ol style="list-style-type: none">1. What did that like?2. Does anyone feel comfortable sharing any of the intentions they set for themselves?
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