

Believe in yourself

3 steps to the activity realisation



Step 1 – preparation phase

This exercise is a 10-minute mindful meditation exercise. Some of the young people might not be familiar with meditating. Thus, as a first step, think about some inspiring introductory words to tell in Step 2, so that they are more willing to participate in the exercise. Then, think about young peoples' lives, their interests and goals. Take some notes. Which mindset could help them in achieving their goals? Next, prepare statements and phrases to tell during the meditation in Step 2. By doing this exercise, young people will learn to reflect on their goals. Therefore, think about how to connect this topic with young people's lives. Lastly, think about a calm and pleasant place that invites them to relax.

Step 2 – activity phase

Firstly, approach the young adults by involving them in an informal conversation and ask them how they are feeling right now. Explain to them the mindful meditation exercise and its value. Then, ask them to get into a relaxed sitting position, with their palms placed on their knees and eyes closed. Now, they are tuned into the meditation exercise by communicating the statements/questions you have prepared in Step 1. Some guiding statements could be:

- ✓ What goals do you want to achieve?
- ✓ Visualise your goal, and visualise what would happen if you achieved it.
- ✓ Visualise your goal, and visualise why it is important to you.
- ✓ Think about what you would need for achieving your goal?
- ✓ Imagine if you did not reach your goal – why is it still worth trying?
- ✓ Imagine what else you can learn from this experience.

Step 3 – wrap up phase

Finally, ask young people how they felt doing this activity and how they feel right now, after doing the mediation. Explain to them that by doing mindful meditation exercises frequently, the mind will automatically become more relaxed. Also, point out that this kind of exercise fosters an attitude of positive self-care and self-compassion.

Your notes:

✓ ...

✓ ...



Type of activity:
Reflection work

Value of the activity:
This activity encourages young people to think about their goals and what they need to achieve their goal. By engaging in a short meditation exercise, young people learn to visualise their goals, fostering action taking behaviour.



Timing:

Preparation: 10 min.
Implementation: 10 min.
Checking learning progress: 10 min.



Activity follow-up:

<https://www.youtube.com/watch?v=ZToicYchIOU>



Other value case box components:

It is recommended to implement this exercise in a calm and peaceful atmosphere. You can also implement this activity indoors.



Value quoted: