

[5-Minute Kids Body Scan Meditation w/ Cory Muscara - YouTube](#)

A body scan meditation is a great way to bring attention to the present moment—especially when emotions or thoughts are overwhelming.

We will mindfully scan our body with our attention, looking for sensations. Developing greater awareness of bodily sensations can help you feel more connected to your physical self and gain greater insight into potential causes of unwanted feelings.

You'll learn to explore sensations in the body while bringing calmness, attention, and appreciation to your day.

This body scan is best to be done lying down, but in school, you can do it while sitting.

If you feel that it's hard to focus...that's normal. Gently practice coming back again and again to how your body feels when you breathe. Keep reminding yourself to concentrate on the feelings in your body – this 'reminding' is strengthening your power of attention.

If using the body scan to prepare for sleep, each time you exhale, try relaxing each part of your body more and more.

Body Scan

