



MEDITATION IN SCHOOLS: A GIFT FOR LIFE



WCCM
MEDITATIO

Meditation touches children's innate spirituality – their joyous innocence. It is immensely valuable for their faith development and their general well-being as they grow up in a world which is changing at an unprecedented rate.

There has been a remarkable response from schools to the practice of meditation partly because children love to meditate and, research is providing evidence of its benefits.

"One of the things that surprised me most was how the kids crave meditation on a daily basis."

Diane Bowie, Grade 4
Teacher, Canada

*"I feel like
God is wrapping
his arms around
me."*

Girl (10),
Australia

*"This is my sixth
year as a head now in
St Mary's and obviously there
are lots of different initiatives I
have introduced, but by far the
best thing that has happened in
the school is the introduction of
Christian Meditation."*

Claire-Marie Burchall,
Headteacher, UK





Value of Meditation

Scientific research shows that practising meditation offers clinical improvements in mental and physical health as well as strengthening emotional and behavioural regulation, stress management and concentration.

There is consistent evidence across studies that meditation in schools:

- improves attention, mindfulness and cognitive function
- reduces depression, stress and anxiety
- creates a safe space for nurturing children's spiritual growth
- supports identity formation and self-acceptance
- increases kindness and acceptance of others
- fosters a sense of community
- nurtures the fruits of the Spirit (Gal. 5:22-23)

"When you do meditation, it is easier to focus on the school subject and you can be relaxed."

Girl, Mexico

"The practise of Christian meditation gives our children the opportunity to engage with the silence in a very meaningful way. There is a palpable sense of peace and presence when we all meditate together."

Eileen Tompkins, Head Teacher, UK

"After we meditate, we are kinder to each other."

Boy, UK

Meditation in the Christian Tradition

Meditation is a universal practise found in all the spiritual traditions. Our roots go back to the Desert Tradition of the 3rd and 4th centuries teachings on the “prayer of the heart”. The practise flows unbroken through the Christian tradition into the current of our contemporary lives. John Main, a Benedictine monk, rediscovered meditation as “prayer of the heart” and made it available to all. His successor, Laurence Freeman OSB, founded the WCCM to carry on the work. He first introduced meditation to children in the 1970’s.

*“The desert fathers
and mothers were often
approached by their younger
colleagues when they were in distress
as so many young people are today.
They would ask their teachers, Give
me a word that I may live by. That’s
the cry of the young today and that’s
what we’re responding to as we
teach them meditation.”*

Laurence Freeman
OSB

*“Christian
meditation has
helped me fix what’s
missing in my
relationship with
Jesus.”*

Boy (12),
Malaysia





Meditation is inclusive

Meditation has proved to be an ecumenical force for spiritual unity and building community. It is inclusive and does not discriminate against age, gender, intellectual ability or emotional impairments. No one is assessed or judged on their meditation. All who meditate are equal.

"It seems to me, more and more, that meditation is not an optional extra for children facing the kind of world that we are giving them. It is an absolutely necessary life skill."

Laurence Freeman
OSB

"What is more, this community (WCCM) has worked hard at making contemplative practice accessible to children and young people, and this needs the strongest possible encouragement. I believe its (meditation) potential for introducing young people to the depths of our faith to be very great indeed."

Rowan Williams, Former Archbishop of Canterbury in his Address to the Synod of Bishops on The New Evangelization for the Transmission of the Christian Faith in Rome, October 2012

What We Offer

The World Community for Christian Meditation (WCCM) has been teaching meditation in schools for over 30 years across the globe. Our program will help you get started to establish meditation in your school.

We will provide in person and online support:

- A preliminary discussion with the principal and school leadership to assess the particular needs of the school
- A presentation to teachers introducing meditation with an overview of how to implement it in the classroom
- In-depth input on how to meditate in the classroom
- Follow-up sessions to establish the practice of meditation in the school. The sessions could include presentations, classroom strategies and discussions to support teachers
- Access to resources
- Opportunities to deepen educators' experience of meditation through seminars, retreats and meditation groups
- An evaluation process with the principal and school leadership

Visit wccm.org/outreach-areas/children-and-meditation

Contact meditatio@wccm.org to find out how to implement meditation in your school.

