

Children's Meditation

Claire Donaldson - Holistic Therapist



Meditation for Children in Schools

Alongside The Emerald Alignment, I offer children's meditation, for peace and relaxation. Meditation has proven to be a good way to help children achieve mindfulness. The guided story-like meditations take children on a journey either through nature, with animals, etheric objects, or beings or with colours, to a place of peace and tranquility.

Encouraging and enabling children to be able to relax and find peace in an ever busy, sometimes frantic, and worrying world is becoming increasingly important.

Meditation sessions can be taught to full classes or in smaller groups. Sessions take 15-20 mins.

Sessions for meditation can also include the Emerald Alignment Technique. (See Emerald Alignment PDF for more information on this).

Costings and Insurance

I am fully insured, hold an ico. Data Protection Certificate and am Enhanced DBS checked.

£80 (Half Day) - £150 (Full Day) depending on how many classes you want to reach. Approx. 4-6 classes can be seen in Half Day (depending on start time / breaks etc.)

By incorporating holistic therapy into our wider strategies, we are providing holistic support that addresses the diverse needs of our student population, ultimately fostering a more inclusive and nurturing learning environment.

.... the introduction of holistic therapy at Pioneer House has been transformative, enriching the lives of our students and enhancing our school's holistic approach to education. We are immensely grateful for Claire's contributions and look forward to continuing to explore innovative ways to support our students' wellbeing and success.

Declan Campbell (Associate Deputy Headteacher - Pioneer House High School SEND)

Pioneer House High School students talking about the Emerald Alignment Practice and Meditation.

