

1. I think meditation is about knowing your surroundings and getting in touch with your feelings and emotions. That also can be calming.

3. I've used meditation at school to help me with my stress and anger towards my peers.

2. I remember from our discussions how changing your breathe can make you feel a certain way. I also remembered to not tell yourself think nothing.

4. I've used my new sound meditation skills at both home and school as a stress reliever.

In ~~the~~ class all I do is stress because I'm the lead in the play and I'm in every scene, even though I had no desire for any of it. When we would have breaks I'd close my eyes and breathe and get lost in thought. It would calm me down and help me realize that it is out of my hands and I'm good at what I'm doing. Stress = Relieved

5. In school I think we should do yoga to get more in touch.

6. As a method to ground myself I meditate and I try to get lost in thought, without telling myself that is what I'm doing.

5) Something we could do to extend this is tell others how it has helped us so that they want to do it too.

6) Meditation is 1 method. This one uses to focus and ground herself. A method I use is to lie down and close my eyes for a few minutes. It helps to just let gravity do the work for a while while I think.

1) To me meditation is the time you take to forget about everything happening around you and focus on yourself. It is also one of the only times when you try to be completely silent.

3) Ways I have used what I learned about meditation to help me at school is trying to stay calm so that I get work done better. I also use the breathing techniques when I'm scared or stressed.

2) What I remember from our discussions about mindfulness is that it can reduce stress which will actually increase productivity.

4) Ways I have used what I learned about meditation to help me in my social life is in dance. It helps me to better get in touch with my body so that I dance better. I've also meditated sometimes just to relax.