**Hammock Guided Meditation (5 minutes)**

Rested and comfortable –

Begin by taking a deep inhale, hold for one second, then exhale, releasing any tension you may be holding in your neck or shoulders. Now, imagine that you are walking in a field a green, soft grass. Allow your mind’s eye to focus on the swaying blades of grass as you walk along.

You take a long, deep inhale of fresh clean air and your head turns up to greet the sun. The sky is a beautiful, rich shades of blue and the white clouds float effortlessly by. The sun’s heat rushes over you and you feel a sense of warmth, surrounding your body. The soft, cool green grass cradles your feet and every step you take is cushioned by nature. As you walk you hear the gentle sound of a stream, trickling to a sweet and slow rhythm. It calls to you to dip your feet into the water. Standing on sand and smooth rocks, the lazy current hums and the water glistens in the beautiful sunlight. Your reflection smiles back and you – it mirrors the complete happiness you are feeling as you are living and appreciating this very moment in your life.

Looking around, you notice the occasional leaf falling slowly, like a floating feather from the trees to a sweet and soft landing on the stream – then the leaves take a calm and relaxing ride on the water. A light and easy breeze rustles the leaves in the trees. A gold glowing light peeks through the branches.  
  
As you continue on the grassy path, the sun dries the water from your feet and you walk in nature, feeling content and calm. You follow the lightness of the sun and are guided to a beautiful white hammock connected to magnificent Oaks, sturdy and strong. You lie into the hammock, slowly and as it supports all of your weight with ease, you lay your head on the large, soft pillow. Your entire body is supported and as the hammock cradles you, your eyes grow heavy and soft. The light breeze sways you so gently, from side to side and the sun warms you from head to toe. You are comfortable, peaceful and settled in your own space in time.

Now begin to bring your awareness back to the classroom. Begin to wiggle your toes, move your fingers and take another deep inhale. When you are ready, you may open your eyes again to greet the day.