

Guided Meditation: Immigration

Find a comfortable place to sit and close your eyes. *(pause)*

Take a deep breath *(pause)* and let it out. *(pause)*

Deep breath *(pause)* and let it out. *(pause)*

Once more, breathe in *(pause)* and let it out. *(pause)*

Imagine that you are moving to a new country because it is no longer safe to stay where you are. *(pause)* Your family can only bring a small bag of items from your old home. *(pause)* What do you choose to bring? *(pause)* How do you feel about leaving so many things behind? *(pause)*

As you cross the border into your new country, you stop and look behind you. What do you see? *(pause)* How do you feel? *(pause)*

Then you turn and look forward. What do you see? *(pause)* How do you feel? *(pause)*

Your family finally arrives at your new home and you begin to wonder about your new school. Imagine you are standing outside the school building. *(pause)* Walk toward the front door. *(pause)* How do you feel? *(pause)*

Walk through the door and down the hallway to your classroom. *(pause)* Step through the doorway and look around. *(pause)* How do you feel? *(pause)*

See your new classmates smiling at you. *(pause)* See welcome signs on the wall. *(pause)* See people ready to help you. *(pause)* How do you feel now? *(pause)*

Take a deep breath *(pause)* and let it out. *(pause)*

Open your eyes when you are ready.