



Body Scan Meditation Script

Supports Meeting 2, Activity 3, Choice 2

Follow this script to lead a body scan meditation session. Read slowly and clearly, pausing where indicated. Allow 1–2 minutes per segment, for a total of 10–20 minutes.

Say:

- *Find a comfortable position, either sitting or lying down. If you feel safe doing so, close your eyes. Take a deep breath in through your nose, then slowly exhale through your mouth, relaxing your whole body as you breathe out. Focus your attention on this moment. Be present in the “now.” [Pause]*
- *Begin by taking three slow, deep breaths. Inhale deeply with each breath, feeling your lungs expand. Allow your belly to expand as well. Then exhale completely, letting any tension flow out with your breath. Let your body soften and settle into the surface beneath you. Feel the points of contact with your body—maybe your feet are on the floor, or your back is against a chair or bed. [Pause]*
- *Let your breath return to its natural rhythm. Now, start to focus on your body. Notice the sensation of your body resting. If your mind starts to wander, gently bring your focus back to my voice or to the sensations in your body. There’s nothing else you need to do right now—just notice. [Pause]*
- *Now you’ll start your scan. Your goal is to move your attention slowly through your body, one part at a time, relaxing more and more as you go. Breathe deeply and steadily, focusing on releasing tension each time you breathe out.*
- *Bring your attention to your toes. Notice any tingling, warmth, or coolness. Slowly move your awareness to the soles of your feet, then to your heels. If you feel tension in any of these areas, imagine it softening with each exhale, as though the tension is melting into the ground. [Pause]*
- *Now move your attention to your ankles, and then slowly up your calves and shins. Feel the muscles and bones. Shift your awareness to your knees and the backs of your legs. Breathe to relax any tension. Imagine a sense of release spreading through your legs with each breath. [Pause]*
- *Focus now on your thighs, noticing their weight and any sensations of pressure. If you feel tightness, allow it to release. Shift your attention to your hips and pelvis and do the same. [Pause]*



- *Bring your awareness to your belly. Notice the natural rise and fall with each breath. Next, move your focus to your lower back, sensing any tension or softness. Let your breath gently flow into this space, releasing any discomfort as you exhale. [Pause]*
- *Focus on your chest, noticing the rhythm of your breath and the beating of your heart. Move from there to your upper back and shoulder blades, letting go of any tightness you find. [Pause]*
- *Bring awareness to your shoulders, feeling their weight. Let your attention move down your arms to your elbows, forearms, wrists, and finally your hands. Notice any sensations in your fingers or palms. If there is tightness, imagine it softening with each exhale. [Pause]*
- *Shift your focus to your neck and throat. Observe if there's any tension or tightness and allow it to soften with your breath. Then move your attention to your jaw. If it's clenched, consciously relax it. Drop your tongue from the roof of your mouth. Bring awareness to your cheeks, ears, and the space around your eyes. Notice the sensations on your forehead and scalp. Let everything relax. [Pause]*
- *Now take a moment to bring your awareness to your entire body. Notice how it feels as a whole. Is there a sense of calm, warmth, or relaxation? Just be here with yourself, fully present in this moment. [Pause]*
- *When you're ready, gently deepen your breath. Wiggle your fingers and toes, bringing movement back to your body. Slowly open your eyes and take a moment to notice how you feel. Carry this sense of calm with you as you move through your day.*