



15-Minute Mindfulness Body Scan Script for Teens

Allow one minute of silence between each prompt. Speak clearly in your own natural voice. Find a pace that is slow, but steady.

1. Allow your body to find a comfortable way to sit. Let your posture be upright, but not uptight. If it feels okay for you, close your eyes and place your attention to the sensations of your breathing body. If you decide to keep the eyes open, allow your gaze to rest on the floor.
2. See if you can connect and sustain your attention to the full-length of the in-breath. Allow yourself to experience the full-length of the in-breath, the whole thing. See if you can connect and sustain your attention to the full-length of the out-breath. Allow yourself to experience the full-length of the out-breath, the whole thing.
3. As you continue to become more aware of your breathing body, slowly bring your attention to the forehead, feel the energy of your mind, behind the eyes and at the temples. Let go of any tension in the muscles of your face. Bring awareness to the hollow space of the mouth. See if you can release any tension at your neck or throat. As you send the breath down into the body, begin to pour your awareness down into your body.
4. Slowly begin to move awareness across the top of your shoulders releasing any tension that you can be aware of. Let your awareness slowly move down into your biceps and elbows. Down into your forearms and wrists. Bring your awareness into your hands, feeling the sensations of all ten fingers.
5. If you begin to recognize that your mind wanders, or that you become lost in your thoughts, plans, or memories, just take a short pause, and bring your attention back to the sensations of your breathing body. As you continue to do this, over and over again, see if you can also bring an attitude of kindness and friendliness towards yourself. If you find this to be challenging you can offer yourself a simple phrase of: "may I be at ease".
6. Bring your attention back to the center of your body, feel the sensations of the breath at your belly. Allow the belly to soften as you feel the rise and fall of your breathing.
7. Allow your awareness to drop into the body by connecting with the experience of gravity. Feel the weight and pressure of your body sitting in the chair. Connecting your attention to the touch points of the sitting, breathing, body.



8. Extend your awareness across the top of your thighs, into the knees. Down the front of your legs, feeling thin shin bone in the front, the muscles of the calves in the back. Finally arriving down inside of your feet as they rest on top of the floor. Putting your full awareness into the left foot, slowly moving it into the right foot. Both feet, resting firmly on the floor.

9. Open your full awareness to the global sensation of the body. Recognizing that, there is a body, there is a body sitting, there is a body breathing. Allow your awareness to rest in the body.

10. As best you can, establishing present-time, mindful awareness of the body. Returning back to the breath and the body, anytime you recognize that your mind has wandered.