



Title of the activity : Light and sound meditation

For who : 10+
Duration : 75 mn
Number of players : 10
Place : snoezelen room

Characteristic :
 - medium duty
 - untransportable

Type of game : Light and sound meditation

Educational interest :

1. To concentrate
2. To reflect on oneself

Materials :

- Snoezelen room, Candle

Goal :

1. To be behave calmly
2. To endure quietness
3. To concentrate
4. To reflect on oneself
5. To focus on different light spots
6. To synchronize movements within the group
7. To carry out slow movements
- 8.

Abbreviations :

C = carer

I = instructor

P = persons

U = User

Method :

Phase time	Didactic – methodological intention	Content	Organisation media
1. Approx. 5'	The room is prepared prior to session. To keep silent means to go within oneself – the U. should experience this.	The Z. Enter the room silently and sit down around a lit candles. They find a comfortable position. Their gaze rest on the candle. The I. Explain in a calm and quiet voice	Very dark room. Possibly one pin spot (without rotation). The candles positioned securely inside the room, so all U. can sit around it. Matches Meditation music : Bell od Tibet.



		that many people long for peace and seek out places (monasteries to meditate. They will be practiced in this session.	Aroma diffuser, sandalwood or capers (can been aroma lamps and aroma oil)	
2.	depending on age group approx 3- 20 ‘	The U. are required to meditate (think you the five subject. If a Z. Find the process difficult, she/he can lay down and close her/his eyes. The I. observes the U. closely and might move closer to a P. That is getting restless (possibly placing a hand on their arm or hands.	The U. look at the candles silently. The I. can give the following advice to help the U. : 3. to recollect nice experiences 4. to think about a journey 5. to imagine a beetle climbing up a blade of grass 6. to imagine standing on a hill looking down on a lake.	As above.
7.	Approx 3’	Muscles are loosened up, quick change the position.	The U. loosen up their arms and legs, head and neck, inhale and exhale deeply, and take up a resting position once again.	U. standing up spread across the room, elderly or disabled U. sitting down.
8.	Approx.10’	Movement should be carried out solemnly and adapted to the group. Calm movements to make sure the candles aren’t extinguished. The collective movements look very harmonious to and observer, especially since from the outside only the lights are visible.	Each U. is given a glass plate with a tea – light which is lit by the neighbouring. P. Moving solemnly to the music, the U. dance a „ light dance „ while seated : <i>U collectively move the light to the right, across the middle with a hand change to the left hand, and back to the middle (repeat). Take the light in both hands and move it forward and back</i>	Per U. tea light placed on a glass plate or mirror. U. sit in a circle. Celebratory music – fitting for the season : Fiala : Haendel : Mozart, Schubert.



		<p><i>again (repeat).</i> Repeat entire part.</p> <p>If is the group in harmony and dancing U. same individual can try to dance in a circle. In time to the music served neighbour gym shoes and take a second hand candle from a neighbour.</p>	
9. Approx 5- 10 ‘	To reflect on oneself and to improve imagination	<p>U. holds his candle in front of his body and follows her with his eyes. He puts into each and thinks what he managed in life and what is not.</p> <p>When looking at the candle must imagine this situation.</p> <p>Who imagined blows out the candle and lay on a mirror.</p>	<p>Per U. tea light placed on a glass plate or mirror.</p> <p>U. sit in a circle. Darke room.</p>
10. Approx 5	To reflex on session.	The group discusses the „ light dance,, as well as the entire session.	Possible the light in teh room – is switched back on.

You can need your music (relaxionmusic) and read your text for youht people.

Source :

Krista Merkens, *Snoezelen – in Action*, Shaker Verlag 2008, ISBN 978 _ 3_ 8322- 7602-7

Link or picture :

<https://www.youtube.com/watch?v=XXbnqiw--jI>



Erasmus+ ILTA

Light and sound meditation - Czech

