

Top 10 tips for meditating with **Cosy Cloud**

1

Pick a time to meditate:

For example: during registration, at the end of school days, before exam seasons, during detention and at the beginning of any lesson.

2

Login to your school's Cosy Cloud account and pick out a meditation based on **duration and category**. Such as: Concentration, Exams, Calming Down.

3

Test sound equipment:

You can use a smart board, computer, laptop, tablet or phone that plays sound.

"Watch your class meditate at the touch of a button!"

For more info visit:
www.cosycloud.com

5

Time to **turn off** mobile phones

4

Introduce Cosy Cloud:

Ask your pupils: "who here has meditated before?". Play our Welcome Recording.

6

Ask your pupils to sit **comfortably** on their chairs or to lie down.

7

Ask your pupils to **close their eyes**

9

If pupils begin **giggling**, remind them that it's normal to want to giggle at the beginning.

8

Turn down the lights (optional) and turn on the meditation

10

If a pupil begins misbehaving, give them 5 minutes to **settle down** outside of the classroom.

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