

SCRIBBLE MEDITATION™ INTRO (1.5 HOURS)		
15mins (Before Class)	Preparation	<p>Facilitator:</p> <ul style="list-style-type: none"> ✓ Check Class Register for list of participants. ✓ Ensure that you have impact forms and photo permission forms printed with pens ready for signing. ✓ Check Class Tools and equipment: SM Starter kits, art materials, markers and any additional stationery example: prestik to display Scribble's on a wall. ✓ Class Set-up: Depending on age group and venue you can arrange seating around a table or arrange chairs in a circle or sit directly on the floor in a circle. If it is a regular group of recurring attendees you can host a Scribble Meditation class in any comfortable environment. Example: in an outdoor space, garden, yoga or art studio etc. ✓ Optional: If you choose to offer participants refreshments on arrival: coffee, tea or water. Ensure that it does not infringe on your class times.
5mins	Welcome	<p>Facilitator:</p> <ul style="list-style-type: none"> ✓ Meet and greet participants (tick register, if required) ✓ Confirm occasional photo taking and get permission forms signed. ✓ Give directions to toilet and share any other necessary info to limit disturbances while a class is underway. ✓ Give a brief introduction about yourself <p>"My name is.....I am passionate about....Why I facilitate Scribble Meditation..."</p> <ul style="list-style-type: none"> ✓ Hand out the BEFORE impact forms and have the attendees complete it. <u>Only one</u> Emoji to be selected for each question – "My heart feels like? & My head feels like?" - Facilitator to pose these questions to the class.
5mins	Ice Breaker	<p>Facilitator:</p> <ul style="list-style-type: none"> ✓ Facilitator to briefly explore. "What is a Scribble?" with the class (Describe a Scribble as a word, sound, body movement, drawing, picture)
5mins	Safe Space	<p>Facilitator:</p> <p><u>Class Summary</u></p> <ul style="list-style-type: none"> ✓ Overview of what they will be doing in the class. ✓ Briefly cover the sections and time allocations outlined. ✓ <u>Cover important tips to remember including:</u> ❖ Only one page to be used per Scribble Meditation class. ❖ You have 30mins to do your Scribble but if you finish before allocated time you can sit in silence and observe your Scribble until the time is over and everyone else has completed. ❖ No right or wrong way to Scribble. ❖ You can use any markers available to you. All colours or just one it is up to you. ❖ No erasers or rulers. There is no mistake. ❖ No talking throughout the session. A Scribble happens in Silence. ❖ Once a Scribble is completed no comments or remarks should be made (good or bad) by the facilitator or any participant viewing the Scribble. Observe in silence. ❖ Everybody is encouraged to JUST LOOK at their own and each other's Scribbles without commentary. ❖ Iterate that it is a safe space to explore and share without judgement.
10mins	Tools	<p>Facilitator :</p> <p><u>Tools & Equipment</u></p> <ul style="list-style-type: none"> ✓ Starter Kit (Journal, divider, markers) introduce along with any other additional markers and paper available for the class. ✓ Facilitator to demonstrate uses of the different art markers with reference to drawing, shading, smudging or colouring. <p><u>Show and Tell</u></p> <ul style="list-style-type: none"> ✓ Show some of your previous Scribbles to the class, especially to put new participants at ease. (iterate that there is no right or wrong way to Scribble something. Each Scribble is unique and different.) ✓ Make reference to the cover art on the Scribble Meditation journals should participants have their own Scribble Journals to work with.

SCRIBBLE MEDITATION™

5mins	Process	<p>Facilitator: <u>How to start your group meditation:</u></p> <ul style="list-style-type: none"> ✓ Get everyone to become still and quiet. Facilitate a few deep breaths in and out (with eyes open or closed). Counting slowly from 1-5 for the IN Breath and then 1-5 for the OUT Breath ✓ Repeat this sequence lowering the number to 1-4; 1-3; 1-2; 1. ✓ Bring awareness into the space. Silence and stillness opens the Scribble Meditation Class. <p><u>How to Scribble Meditate?</u></p> <ul style="list-style-type: none"> ✓ Facilitator to read the following process to the class: “Sit in silence and get comfortable wherever you are seated. Allow yourself to settle and become still in your chosen environment. Focus on your breathing or on the surrounding sights, sounds or smells and when you feel ready put pen, pencil or crayon to paper and Scribble something. <p>Do not overthink the process but allow whatever surfaces in the moment to flow onto the page. There is no right or wrong way to Scribble. Feel and flow as you draw, shade, smudge or colour. Select your first marker or pen based on what colour or pen you feel drawn to. A Scribble can happen in short bursts or over longer periods of time. You will know when you are done with one. Trust in your natural ability.</p> <p>You will have 30mins to Scribble. If you are done sooner than 30mins sit and observe your Scribble without any thought or judgement just simply viewing it from different angles and perspectives in silence. You now have 30mins to Scribble something.”</p>
30mins	Meditation	<p>Facilitator:</p> <ul style="list-style-type: none"> ✓ Give your class 30 minutes to Scribble something. ✓ You are encouraged to sit and complete a Scribble with your group. You are part of the process. ✓ Facilitator to time session to ensure you do not run over time. ✓ Indicate to the class when they have 5mins left so they can start finishing up should they still be busy on their Scribble.
5mins	Observation	<p>Facilitator:</p> <ul style="list-style-type: none"> ✓ Give your group an opportunity to observe their Scribbles from different perspectives (landscape, portrait, upside down, near or far etc.) ✓ Scribbles can also be put up for display against a wall for all participants to view in silence. ✓ Encourage your class to just look without any thoughts, opinions or judgements ✓ Try to look and observe a Scribble without commenting or wanting it to be something.
5mins	Reflections	<p>Facilitator:</p> <ul style="list-style-type: none"> ✓ Hand out the AFTER impact forms and have the attendees complete it. ✓ Discuss the experience with the group open the floor up to anybody to share their Scribble Meditation™ experience. ✓ Hold space for those who choose to share without judgements. ✓ Practise active listening. Be present and hold space for the person sharing by responding only, if necessary. ✓ Thank them for sharing and contributing before moving onto the next person.
5mins	Closing	<p>Facilitator:</p> <ul style="list-style-type: none"> ✓ Thank participants for attending the class. ✓ Encourage google reviews, referrals and following on social media platforms to join the movement and community and to stay updated, share if relevant to the group. ✓ Any product purchases can be made at this point, if applicable. ✓ Ensure that all attendees take their Scribble with them and that their workstation is clean and art materials are packed away before leaving the class. Pictures can be taken at this stage. <p>Confirm details of the next class, if class is recurring.</p>
15mins (After Class)	Breakdown	<p>Facilitator:</p> <ul style="list-style-type: none"> • Clean-up class • Complete any admin requirements • Share photos and impact forms with SM office