

# SCRIBBLE MEDITATION™

SCRIBBLE MEDITATION™ MEMBERSHIP (1 HOUR)		
15mins (Before Class Starts)	Preparation	<p><b>Facilitator:</b></p> <ul style="list-style-type: none"> <li>✓ Check Class <b>Register</b> for list of participants.</li> <li>✓ Ensure that you have impact <b>forms</b> and photo permission forms printed with pens ready for signing.</li> <li>✓ Check Class <b>Equipment</b> and materials: SM Starter kits, art materials, markers and any additional stationery required such as prestik for display of Scribbles should be ready.</li> <li>✓ Class <b>Set-up:</b> 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 its regular attendees to your Scribble Meditation class you can have the session in any comfortable environment for the participants once they know and understand the process. Example: in an outdoor space or garden, yoga or art studio etc.</li> <li>✓ <b>Optional:</b> Offer participants <b>Refreshments</b> on arrival: coffee, tea or water. Ensure that offering refreshments does not infringe on your class times. (This could also be offered at the end of your class.)</li> </ul>
5mins	Welcome	<p><b>Facilitator:</b></p> <ul style="list-style-type: none"> <li>✓ <b>Meet</b> and greet participants (tick register, if required)</li> <li>✓ Hand out the <b>BEFORE</b> impact forms and have the attendees complete it. Select one Emoji – my heart &amp; my head feels like?</li> <li>✓ <u>Cover important tips to remember including:</u></li> <li>❖ Only <b>one page</b> to be used per Scribble Meditation class.</li> <li>❖ You have <b>30mins</b> 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.</li> <li>❖ No right or wrong way to Scribble.</li> <li>❖ You can use any markers available to you. All colours or just one it is up to you.</li> <li>❖ No erasers or rulers. There is no mistake.</li> <li>❖ No talking throughout while busy with a Scribble. A Scribble happens in Silence.</li> <li>❖ Once a Scribble is completed no comments or remarks should be made (good or bad) by the facilitator to the participant or participant to participant. Viewing and observation of Scribbles happens in silence.</li> <li>❖ Everybody is encouraged to <b>JUST LOOK</b> at their own and each other's Scribbles without commentary.</li> <li>❖ Iterate that it is a safe space to explore and share without judgement.</li> </ul>
5mins	Process	<p><b>Facilitator:</b></p> <p><u>How to start your group meditation:</u></p> <ul style="list-style-type: none"> <li>✓ 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 IN Breath and then 1-5 OUT Breath</li> <li>✓ 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.</li> </ul> <p><u>How to Scribble Meditate?</u></p> <ul style="list-style-type: none"> <li>✓ Facilitator to read the following process out loud to the class:</li> </ul> <p><i>“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.</i></p> <p><i>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.</i></p> <p><i>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.</i></p> <p><i>You now have 30mins to Scribble something.”</i></p>

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30mins	Meditation	<p><b>Facilitator:</b></p> <ul style="list-style-type: none"> <li>✓ Give your class 30 minutes to Scribble something.</li> <li>✓ You are encouraged to sit and complete a Scribble with your group. You are part of the process.</li> <li>✓ Facilitator to time session to ensure you do not run over time.</li> <li>✓ Indicate to the class when they have 5mins left so they can start finishing up should they still be busy on their Scribble.</li> </ul>
5mins	Observation	<p><b>Facilitator:</b></p> <ul style="list-style-type: none"> <li>✓ Give your group an opportunity to observe their Scribbles from different perspectives (landscape, portrait, upside down, near or far etc.)</li> <li>✓ Scribbles can also be put up for display against a wall for all participants to view in silence.</li> <li>✓ Encourage your class to just look without any thoughts, opinions or judgements</li> <li>✓ Try to look and observe a Scribble without commenting or wanting it to be something.</li> </ul>
10mins	Reflections	<p><b>Facilitator:</b></p> <ul style="list-style-type: none"> <li>✓ Hand out the <b>AFTER</b> impact forms and have the attendees complete it.</li> <li>✓ Discuss the experience with the group open the floor up to anybody to share their Scribble Meditation™ experience.</li> <li>✓ Hold space for those who choose to share without judgements. Active listening. Be present for that person.</li> </ul>
5mins	Closing	<p><b>Facilitator:</b></p> <ul style="list-style-type: none"> <li>✓ Thank participants for attending the class.</li> <li>✓ 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.</li> <li>✓ Any product purchases can be made at this point, if applicable.</li> <li>✓ 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.</li> <li>✓ Confirm details of the next class.</li> </ul>
15mins	Breakdown	<p><b>Facilitator:</b></p> <ul style="list-style-type: none"> <li>✓ Clean-up class</li> <li>✓ Complete any admin requirements</li> <li>✓ Share photos and impact forms with SM office</li> </ul>