

Koru Mindfulness

Guided Meditations

The Center for Koru Mindfulness provides several free guided meditations students can choose to use to strengthen their capacities to handle stressors, focus, and be present in the moment.

Go to <https://korumindfulness.org/guided-meditations/> and choose a meditation or two to practice in class. Have students experiment and choose other meditations to practice outside of class. Have them reflect upon which ones helped and which ones did not and after several weeks of practice determine whether it impacted their capacity for empathy.

