



Daily Dose of Science Challenge: Meditation

Question: How can mediation benefit your health?

Background: While it sounds a lot like a pseudoscience, meditation can have many health benefits, including decreased stress and anxiety, decreases in chronic pain, and increases in blood flow.

Activity:

Suggested materials:

- A quiet location with minimal distractions
- A comfortable place to sit or lay down
- Watch/timer
- Phone or computer with internet connection

Vocabulary to incorporate into this lesson:

- Mindfulness
- Amygdala
- Prefrontal cortex

Procedure:

1. Have everyone take their heartrate for thirty seconds. Times that number by two in order to get how many beats per minute. Record this number.
2. Find a comfortable spot to sit or lay down.
3. Listen to this 10-minute guided mediation on your phone or computer:
<https://www.youtube.com/watch?v=Tlf1xcnmq-c>
4. Take heartrates again. Record this number.

Explain:

Was there a change in heart rates before and after meditation? Discuss why you think it did or did not change. If it didn't change/increased, was there something you could change in your practice?

Do not use meditation to replace conventional care or as a reason to postpone seeing a health care provider about a medical problem.

Meditation can be used to supplement a healthy lifestyle and should not be used as a replacement for a healthy diet, exercise, or medical practices.

Extension:

Challenge your family to mediate for 5-10 minutes every day. Record your heart rate before and after each mediation session. At the end of the challenge, have a discussion on any other benefits you may feel.

Is mediation something you think you should try to add to your daily routine? What other things do you find meditative?

Connect with us:

What was the most surprising benefit you noticed? Share it in the comments!

Do you have a unique method of meditation? Let us know!





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Additional resources:

More information on the science of mediation: <https://www.youtube.com/watch?v=Aw71zanwMnY>

Free Guided Meditation apps: The Mindfulness App, Headspace, Calm

Moving Meditation/Tai Chi: <https://www.youtube.com/watch?v=fN6mhWCnvGk> (practice starts at 1:34)

<https://news.wisc.edu/meditation-affects-brain-networks-differently-in-long-term-meditators-and-novices/>

