



## **Body, Mind & Soul 1: Body and Mind**



### **Opening Affirmations:**

Before we begin our Soul Talk, we want to remind you that we are coming together to learn from one another. This means that this is a safe place to share our ideas and questions. Please take the hand of the person to the right and left side of you and share one of two possible affirmations.

"I am happy to share my ideas with you."

[or]

"I respect and honor you and your beliefs."

### **The Heart of the Soul Discussion: Body and Mind**

#### **1. We all have bodies of different shapes, sizes and colors? Can you name three different things that your body helps you to do?**

*[Go around the circle and have everyone take a turn answering the question]*

- Perhaps your body may help you run
- Your body helps you to live
- Your body can help you sing and dance
- Your body helps you eat
- Your body can help you feel
- Maybe your body can help you to smell
- Perhaps your body can help you to see

## **2. Does your body always feel the same way?**

*[Go around the circle and have everyone take a turn answering the question]*

- Sometimes your body may feel tired and sleepy
- Maybe your body feels full of energy and ready for anything
- Sometimes your body may feel sick and unhealthy
- Maybe your body feels hungry
- There may be times when your body does not feel anything at all

## **3. We have talked about the importance of your body, but what about your mind?**

**What do you think your mind is?**

*[Go around the circle and have everyone take a turn answering the question]*

- Some people think their mind is their brain
- Some people think their mind is separate from their brain
- A lot of people think their minds and bodies are connected
- Some people think their mind is like a computer in their head that sends their body all of the important messages
- A lot of people think their mind helps them move through life, make choices, and hold on to thoughts and beliefs

## **4. How do you think the body and mind go together?**

*[Go around the circle and have everyone take a turn answering the question]*

- A lot of people think that their minds help their bodies to feel certain emotions, like happiness, sadness, excitement and fear
- Some people think our minds give our bodies strength to get through hard times
- A lot of people believe that our bodies and minds help to balance one another. (For example, when we are upset, our bodies and minds work together to calm each other down)
- Sometimes our bodies and minds do not get along. When this happens some people believe they are just learning from one another

## **5. Why do you think it is important to take care of your body and mind?**

*[Go around the circle and have everyone take a turn answering the question]*

- Some people feel that when we take care of our minds and bodies, it allows us to live a longer and healthier life

- Many people believe when we take care of our minds and bodies, it helps us to feel happier
- When we take care of our minds and bodies, we can do things we love, like dance, play sports, run, or walk our dog

### **Activity - Option 1: Back Talk**

#### **Materials Needed:**

- Paper
- Pencils
- Tape

For this activity, we are going to use both our body and mind. Sit back-to-back with a partner. Each person should take a turn writing a word onto their partner's back. See if you can figure out what your partner is trying to say.

*[Virtual Option: Partners can draw their word and partners can guess.]*

#### **Follow Up Discussion:**

How did it feel to write the message on your partner's back? Did they happen to guess the message right away or did it take some time? If it took time, did you find yourself laughing with your partner or did you feel frustrated that they were not understanding you? If you felt it was easy to work together with your partner and understand one another, this can be how it feels when our bodies and minds are working together as one. If you felt it was harder to work together and understand each other, this can be how it feels when our bodies and minds are not working together. Paying attention to how we're feeling can help us make changes that will make things work better.

### **Story Time – Activity Option 2**

*[In order to complete this activity, your group will need a copy of one of the suggested books. Our library has a collection of books dedicated to each Soul Talk which is updated constantly! You can visit our library at the link below. Search for the Body, Mind & Soul section.] [https://spiritualplaydate.com/spiritual\\_playdate\\_library](https://spiritualplaydate.com/spiritual_playdate_library)*

Since our Soul Talk was about "Body and Mind," we are going to read a book out loud. As you listen, start to think about how this story relates to what we just spoke about.

## **Calming Exercise - Meditation**

*[Invite the group to find a relaxing position, take a mat or towel, if you are working on a hard floor. They may sit or lie down to be comfortable. Speak slightly slower in a soft, soothing tone throughout, pausing briefly between sentences. You may play soft, instrumental music in the background while reading the meditation script]*

Welcome to our Meditation Time -- the time where we relax and connect to the spirit in and around us. I invite you to put a cushion on the floor, and to sit cross-legged, with a nice tall back and your hands relaxed in your lap. Quietly do that now, as we begin our meditation.

*[Wait until the group is settled, then read the meditation script.]*

I am going to guide you through our meditation to help you relax. Let's close our eyes, and let's start by putting our hands on our bellies, and taking a deep, long breath in. Feel your belly rise as you breathe in – to the count of 1, 2, 3. Then feel your belly fall, as you slowly breathe out – to the count of 1, 2, 3. Now breathe in – 1, 2, 3. And slowly breathe out like a tire losing air – 1, 2, 3. Continue to breathe in and out slowly and steadily. Relax your body into the floor beneath you. Keep breathing.

Our bodies are amazing, and there are so many things they help us to do. Take a moment now to think of all the things your body can do, even without your asking it to. *[Pause.]* Feel your heart pumping life-giving blood throughout your body; and your lungs taking in the air you breathe. Appreciate how your tongue helps you taste delicious foods, and your muscles help you to move and pick up things. Breathe gratitude for your body right now. *[Pause.]* Our minds help us to direct our bodies and choices, and experience emotions. Take a moment now to think about the many ways your mind helps you. *[Pause.]* Thinking is an example of your mind at work. If you want to change the mood you're in, you can change your mind and your feelings. You can imagine new inventions. Breathe in gratitude for your awesome mind. *[Pause.]* Caring for our minds and bodies is the greatest gift we can give ourselves. Time in meditation is a wonderful way to give our bodies and minds the rest they need, so they can get re-energized. Just like machines need the right fuel to run, our bodies need to be fueled with healthy foods and water; and our minds need positive thoughts. How will you take care of your body and mind this week? *[Pause.]*

Now let's take one more deep breath, and slowly let it out. Now slowly open your eyes and slowly roll to the side and sit up to end our time of meditation.

*[Optional: Turn off music] [Optional: Say: Please return your cushion to its starting place]*

**Closing - Choose One:**

**Closing Affirmation - Option 1**

Turn to the person to your right, look them in the eye and say "I am happy I could share this time with you and hear about your beliefs."

**Closing Prayer - Option 2**

The light of god surrounds us  
The love of god enfolds us  
The power of god protects us  
The presence of god watches over us  
Wherever we are, god is and all is well!