MEDITATION

[](https://www.onceuponapicture.co.uk/portfolio_page/meditation/%22%20%5Ct%20%22_blank)

Credit: Goro Fujita

* Where is this?
* Describe the setting. What can you see, hear, feel and smell?
* How does this setting make you feel?
* What is the person doing? Why?
* Who is it?
* Why did they choose to meditate here?
* What is meditation?
* Why do people meditate?
* What do you do to help you feel calm?
* Where do you feel the calmest?
* Are you good at recognising and managing your emotions? What are you good at and what do you struggle with?