



EARTHE

Activity 2

Digital toolkit for innovative curriculum and methodological development

Module – Empathy and resilience

Method – Meditation and mindfulness



Module 6 – Empathy & Resilience

Method 2 – Meditation & Mindfulness

Soft skill focus

This method develops emotional regulation, stress management, and presence in communication. Through guided meditation and mindfulness practices, learners cultivate focus, calmness, and self-awareness, which supports resilience and empathy in personal and professional interactions.

Learning outcomes

Practise basic mindfulness techniques (breathing, body scan, grounding).

Recognise personal stress triggers and regulate responses.

Apply mindfulness to reduce anxiety in stressful contexts (e.g., interviews, conflict).

Demonstrate empathy by staying present and attentive in interactions.

Target group

Age: Adults 20–60

Gender: Mixed

Level of studies: Secondary education and above (adaptable for low-literacy groups with simplified instructions)

Status: Employed, unemployed, or job-seeking

Fewer opportunities: Particularly suitable for adults under stress, migrants adapting to new contexts, or those experiencing anxiety, burnout, or lack of coping strategies.

This method is designed for learners who need **practical, easy-to-use tools** for calming the mind and body. It supports resilience by teaching participants how to pause, centre themselves, and respond thoughtfully instead of reacting impulsively.

Method description

Meditation & Mindfulness introduces learners to simple, accessible practices that cultivate awareness of the present moment. Through guided exercises, participants learn to notice their breath, emotions, and bodily sensations, reducing stress and increasing emotional resilience. It can be practised individually or in groups, in classrooms, workplaces, or at home.

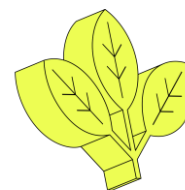
Implementation instructions

Timeline: 30–45 minutes per session (can also be adapted to 10–15 minutes daily practice)



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Number of participants: 6–20 (or individual practice)

Necessary materials: Quiet space, comfortable chairs or mats, optional calming music or bell, printed guidance sheets

Space: Quiet room with enough space for participants to sit comfortably in a circle or rows

Implementation in 5 steps

Step 1 – Introduction & Grounding

Facilitator introduces mindfulness: *“Mindfulness is about being fully present in the moment without judgment.”* Learners are invited to sit comfortably, close their eyes (if they wish), and focus on the present.

Step 2 – Breathing Awareness

Facilitator guides participants to notice their breathing. Learners practise slow, deep breaths, counting or visualising airflow to regulate focus and calm the body.

Step 3 – Body Scan & Awareness Learners are guided to shift attention from head to toe, noticing sensations, areas of tension, or relaxation. They practise releasing tension and observing sensations without judgment.

Step 4 – Reflection Practice

Facilitator introduces a short mindful reflection: noticing emotions or thoughts that arise. Learners practise acknowledging feelings (“I feel anxious” / “I feel calm”) without attaching judgment, increasing self-awareness and empathy.

Step 5 – Closing & Debrief

Participants gently open their eyes and return to the group. Facilitator leads a short debrief: *How do you feel now compared to before?* Learners are encouraged to apply 2–5 minutes of mindfulness daily in stressful situations.

Practical tips

Tip 1: Start with very short sessions (2–5 minutes) for beginners; increase gradually.

Tip 2: Remind learners that it’s normal for the mind to wander—gently guide focus back to the breath.

Tip 3: Use culturally neutral language and adapt examples to avoid discomfort.

Debriefing questions

1. How did your body and mind feel before and after the mindfulness exercise?
2. What was most challenging about staying focused in the moment?
3. How could you use mindfulness in stressful real-life situations (e.g., job interview, conflict, parenting)?



Practical description sheet

Title: Meditation & Mindfulness

Purpose: To strengthen resilience and empathy by practising present-moment awareness.

Duration: 30–45 minutes (adaptable to shorter practices)

Format: Guided meditation and reflection

Core Steps: Introduction → Breathing → Body scan → Reflection → Closing

Materials: Quiet space, optional calming music, guidance sheets

Target Group: Adults 20–60, diverse backgrounds, especially those under stress

Learning Outcomes: Practise mindfulness, manage stress, recognise emotions, improve empathy

Key Benefits: Reduces stress, increases self-awareness, supports emotional balance