

Draw Your Breath: improving focus and creative skills through arts and technologies.

Worksheet.



Objective:

To help students think clearly and more creatively about what they want to research.



Instructions:

Ask participants to answer/reflect on the questions below towards the end of [the meditation activity](#). Let the answers (or feelings) rise naturally in the meditative state. Meditation can be very relaxing experience, so you may wish to not interrupt it with questions (you could hand this questions' worksheet after the meditation.)

Suggested questions:

- What do I know about this topic?
- How could I best prepare to research it?
- How do I learn?
- Why is my research important?
- Where is my inspiration and guidance?
- What do I need to do? What is my goal?
- What do I feel, experience?
- What insights am I having?
- How do I best prepare for exams?
- Where am I going?
- Is this interesting to me?
- What is important here?
- Is change good?
- What strategies do I need to adopt?
- What would my 'younger self' say about this?
- If I did know what I want to do, how would I feel? What would I do? What would it look like?

You can also share these keywords (without the questions) as they are abstract and open, thus less directive, and so can fit better into a meditation activity:

combine	compose	design	compile
rearrange	construct	apply	construct
relate	rewrite	review	locate
translate	show	use	imagine
predict	relate	illustrate	select
categorise	connect	relate	arrange
define	describe	identify	know
label	list	name	outline
recall	recognise	reproduce	select
state	tell	show	
record	underline	collect	



For the guided meditation video, and further information:

<https://www.ncrm.ac.uk/resources/online/all/?id=20812>



Credits:

Most of the suggested questions above were inspired by Tanner, Kimberly D. (2017) 'Promoting Student Metacognition.' **CBE - Life Sciences Education**, Vol. 11, No. 2. The American Society for Cell Biology. Accessed 22 April 2023, from: <https://www.lifescied.org/doi/full/10.1187/cbe.12-03-0033>

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