

Kind thoughts

Recommended for grades:

K4 – 8th grade

Practice description:

This practice is designed to cultivate connection with others, and to bring intentions of kindness and comfort for ourselves, especially when life's emotions pull us down. The phrases are meant to plant seeds within us for safety, happiness, good health and peace.

Transcript:

Welcome to the Kind Thoughts exercise.

This practice is designed to bring kindness and comfort to yourself.

Let's start by getting into a mindful position, on the floor or in your chair. Sit with a long, strong back and allow your hands to rest in your lap. Try softening your eyes and turning your gaze down toward your knees or the images on the screen. If you feel comfortable, you may choose to close your eyes.

Take a few slow, easy breaths and bring a gentle attention to yourself.

- *Pause for 5 seconds*

Using your imagination, you are going to plant seeds for happiness and health.

- *Pause for 3 seconds*

Think about someone who naturally makes you feel good. Perhaps they often help you, are kind to you, or can make you laugh. This could be a loved one, a friend, a grandparent, a cat or dog ...

- *Pause for 5 seconds*

Create a picture of this person in your mind.

What is this person doing? What does their face look like? Try to imagine a picture of them with sounds and feelings.

- *Pause for 3 seconds*

Think silently, "May you be happy and healthy."

- *Pause for 5 seconds*

You may want to place a hand over your heart, to feel your gentle support.

Think silently again, “May you be happy and healthy.”

- *Pause for 7 seconds*

When you are ready, move your attention to yourself. Imagine yourself feeling happy and healthy. Where are you? Who you are with?

- *Pause for 10 seconds*

Silently think to yourself, “May I feel happy and healthy.”

Again, think silently to yourself, “May I be happy.... May I feel healthy.”

Take your time feeling these thoughts. You’re planting seeds of kindness towards yourself.

- *Pause for 2 seconds*

Know that you can bring kind thoughts to yourself whenever you want.

And when you are ready, open your eyes and bring your focus back to the room around you.