

## Kind Thoughts

**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.

**Age Group:** 6-12 Grade

Welcome to the Kind Thoughts exercise.
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.
Let's start by getting into a mindful position with both feet on the floor, and a long, strong back so that your body supports your intention to be awake and aware. Allow your hands to rest in your lap. Try softening your eyes, and turning your gaze down toward your knees or to 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.
<i>Pause 10 seconds</i>
By using your imagination, you are going to plant seeds for safety, happiness, good health and peace for others and yourself.
<i>Pause 5 seconds</i>
Think about someone who naturally makes you feel good about yourself. 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 ... whomever brings happiness to your heart.
<i>Pause 10 seconds</i>
Try to create an image of them. What are they doing? What is the expression on their face? Try to imagine a picture of them with sounds and feelings.
<i>Pause 10 seconds</i>
Think silently, "May you be safe and happy"... "May you be healthy and peaceful."
<i>Pause 10 seconds</i>
Take your time to feel your appreciation for them. If you want, place your hand over your heart, to feel your warmth and gentle support.
<i>Pause 5 seconds</i>
"May you be safe and happy. May you be healthy and peaceful."
<i>Pause for 10 seconds</i>
When you are ready, let go of them as you breathe out. Allow the full focus of your attention to rest directly on yourself.
<i>Pause 5 seconds</i>
Imagine yourself feeling safe and happy. Think about where you are, and who you're with.
<i>Pause for 20 seconds</i>

This may not feel comfortable or natural at first, but there is no need to judge what you are feeling. You may want to place your hand over your heart to feel the warmth and gentle support.
Silently think to yourself, "May I feel safe and happy. May I be healthy and peaceful."
<i>Pause 10 seconds</i>
Notice how you feel in your heart, your mind, or your body.
<i>Pause 10 seconds</i>
Again, silently think to yourself, "May I be safe and happy.... May I feel healthy and peaceful."
<i>Pause 10 seconds</i>
Take your time feeling these thoughts. You are planting the seeds of kindness towards yourself.
<i>Pause for 10 seconds</i>
Know that you can bring kind thoughts into your day whenever you want, to find comfort in your own thoughts and attitudes.
<i>Pause 5 seconds</i>
On the out-breath, let go of these phrases and take some deep, slow breaths. Start to notice the feeling of your body sitting in your chair.
<i>Pause 10 seconds</i>
When you are ready, you may open your eyes and bring your attention back to the room around you.
<i>Chime sound</i>