Kind Thoughts

Recommended for Grades:

6-12th 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.

- *Pause for 2 seconds*

This practice is designed to cultivate connection with others, and to bring intentions of kindness and comfort for ourselves.

- *Pause for 2 seconds*

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.

- *Pause for 2 seconds*

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.

- *Pause for 2 seconds*

Take a few slow, easy breaths.

- *Pause for 5 seconds*

By using your imagination, you are going to plant seeds for safety, happiness, good health and peace for others and yourself.

- *Pause for 2 seconds*

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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.

- *Pause 5 seconds*

Try to create an image of them. What are they doing? Try to imagine a picture of them with sounds and feelings.

- *Pause 7 seconds*

Think silently, “May you be safe and happy"… "May you be healthy and peaceful.”

- *Pause 7 seconds*

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.

- *Pause 2 seconds*

”May you be safe and happy. May you be healthy and peaceful.”

- *Pause for 7 seconds*

When you are ready, let go of them as you breathe out. Allow the full focus of your attention to rest directly on yourself.

- *Pause for 5 seconds*

Imagine yourself feeling safe and happy. Think about where you are, and who you’re with.

- *Pause for 7 seconds*

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 feel healthy and peaceful.”

- *Pause 5 seconds*

Again, silently think to yourself, “May I be safe and happy…. May I feel healthy and peaceful.”

- *Pause 5 seconds*

Take your time feeling these thoughts. You are planting the seeds of kindness towards yourself.

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- *Pause for 2 seconds*

Know that you can bring kind thoughts into your day whenever you want.

- *Pause 5 seconds*

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.

- *Pause 5 seconds*

When you are ready, you may open your eyes and bring your attention back to the room around you.

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