

Kindness Reflections

How does it help students?

- This activity is based on the idea that before we love others we must love ourselves. Students are able to share thoughts of kindness with themselves as a means of healing and goodwill.

What will we need?

- Nothing!

How do we do it?

- Sit quietly in a comfortable position and gradually deepen your breath for about one minute.
- Imagine that you have been granted you one goodwill wish. Think about what wish you would like to have granted for yourself. Picture what that wish would look and feel like in your imagination. Send your wish to yourself by silently completing the statement, “ I wish that I...”
- Continue to breathe deeply for one more minute. Each time you inhale, imagine filling your entire body with your wish of kindness to yourself. Each time you exhale, send your wish out into the world with that hope that it will return to you in abundance.

Additional Notes:

- This activity could also be extended & adapted to send other loved ones kindness wishes.
- Some students may benefit from writing down their wishes.

Source: Schoeberlein, Deborah. (2009) *Mindful teaching and teaching mindfulness*. Somerville, MA: Wisdom Publications.