

Kindness Meditation

Settle your body into a comfortable position.

Relax your shoulders and the muscles in your face. Take a slow, deep breath and exhale.

You can close your eyes or just put your head down.

Notice your breathing and see if you can bring your breath all the way down into your belly, slowly and quietly, and then let it out slowly and quietly. If it helps, put one hand or both hands on your belly. *****Pause*****

Think of a time when someone did something nice for you that was unexpected. ******* This is called a Random Act of Kindness. It is not like getting a birthday gift or something you expect, but when someone does something you don't expect. Maybe they helped you pick up something you dropped. Maybe they held the door for you. Maybe they shared a toy or offered to help you with your work. Maybe they offered to sit with you or asked for a lunch visit. Take a deep belly breath and let it out all the way. How did that kind, unexpected act make you feel? ******* How did your heart feel? ******* Did it make you smile? ******* Did it make you feel warm and help you have a better mood?*******

A random act of kindness is something you do just because you want to be kind, and not because you expect anything in return. Have you ever done a Random Act of Kindness for someone? Think of a time when you did something nice for someone that they did not expect. ******* Imagine being right there again. ******* Maybe you gave someone a complement. ******* Maybe you left the last cookie for a friend. ******* Maybe you let someone go ahead of you in line or invited them to join a game. How did that make you feel? ******* Did it put a smile on your face? ******* Are you smiling now just thinking about it? ******* Take a deep belly breath and let it go ******* Did your act of kindness make you want to do more heartfelt things? ******* Did the person react with surprise or being pleased? ******* Sometimes it's even fun to do something kind and not let anyone know that you did it.

Take another deep belly breath and let it out all the way. *** As you go through the rest of this day, and the next few days and weeks, try to stop and notice how it feels when someone does something nice for you, when you do something nice for someone else, or when you see someone doing an act of kindness. Check in with how your body feels and what happens to your mood. Do these acts make you smile and feel good? See if you can notice the good in the world.

Take a few more slow, quiet, deep breaths and begin to bring your awareness back to this room. *****Pause***** Slowly open your eyes or lift your head and come back to a seated position to continue the class.