



Invite students to send kind thoughts to someone, and guide them in reflecting on the experience. It's important to point out that this, like everything else, is a practice of noticing—we get to notice what it's like when we say these phrases, but we don't have to judge ourselves for what we notice or what happens (or doesn't happen).

Prepare Students for Practice

Read aloud to students

Researchers have found that being kind to others is not only helpful for the other person, but it can make US feel better, too. Today we'll try a practice of sending kind thoughts to someone we appreciate. Picture someone who you see almost everyday who makes you happy every time you see them. Can you notice this feeling of happiness in your heart? If you can't think of a person right away, you can think of a classmate, family member, or even a pet.

Mindful Moment Practice

Read aloud to students. Depending on age and engagement, you can pause longer between instructions.

Imagine that this person you thought of is healthy and strong. Imagine they are very happy, with a smile on their face...

Maybe they are doing something they really enjoy. Imagine that they are surrounded by calm and peaceful things, and that their heart is calm and peaceful...

Now, let's see what it's like to send some kind thoughts to this person. First, let your heart fill up with kindness—so full that it's about to burst...

Now, take all that kindness, and let's send some thoughts to this person together—you can repeat after me...

I wish for you to be happy...

I wish for you to be healthy...

I wish for you to be peaceful...

I wish for you to be kind, and to accept yourself just as you are.

Younger students can repeat out loud after you; older students can repeat silently in their heads.

Practice Debrief

The debrief gives students a chance to make sense of their mindfulness experience. It's the most important part of the mindful moment!

- Who did you choose to send kind thoughts to?
- How did you feel when you sent those kind thoughts?
 - *(Remind students that there's no certain way they should feel when doing this. We're just noticing.)*
- What thoughts did you notice?
- What did you notice in your body?
- What would it be like to send kind thoughts to yourself?

