

**MINDFUL MONDAY - LOVING KINDNESS MINDFUL ME CARD**

Reading Connection: *One Love* by Cedella Marley

Metta / Meditation for kids

Welcome students to Mindful ME.

Encourage them to find their Mindful Body posture so that they are ready to listen and learn. This week, cross your hands over your heart in a gesture of loving-kindness. Encourage students to cross their hands when they are ready to listen.

Play the Loving Kindness video (below) or read the instructions here.

[Note to teachers: The order of the meditation (whether students are guided to think of a loved one, a pet, or themselves first) matters less here than the intent behind the meditation, which is to imagine a person and to send them happiness, strength, peace, and love.]

"Today we are going to practice a loving kindness meditation. Loving kindness meditation is a way that we send love to people we love, ourselves, and maybe even the whole world. It helps us create pathways in our brains and bodies so we can be more compassionate to ourselves and others."

"Let's get started."

"During this meditation, I'm going to ask you to think of a few different people in your life. They can be anyone you choose."

Encourage students to find a comfortable seat-- criss-cross, legs in front of them, back against a wall, or in a chair.

"Close your eyes if that feels comfortable or lower your gaze to the ground. If you'd like, you can bring your hands up to your chest or heart area. Now think of someone who you love. Maybe it's your parents, another family member, a teacher, or a pet. And then repeat these words after me either quietly or in your mind:"

"May you be happy" [Pause to allow students to repeat the phrase.]

"May you be strong" [Pause]

"May you be peaceful" [Pause]

"And may my actions contribute to you in some way" [Pause]

“Now, let’s think of an animal or a creature or a pet. Maybe it’s your favorite animal or maybe you have a pet at home. Bring that animal to mind.

Again, maybe you notice a smile on your face.

Maybe you notice that this area in your chest feels warm and fuzzy. That means you’re feeling the body sensations of love and kindness. Notice what that feels like. And then to this animal, repeat these phrases quietly to yourself or in your mind:”

“May you be happy” [Pause]

“May you be safe” [Pause]

“May you be strong” [Pause]”

And may my thoughts and actions contribute to your happiness in some way” [Pause]

“Let’s do one more. Give yourself a big hug, a shanti hug. Shanti means peace. Now cross your arms the other way. We’re going to bring that loving kindness to ourselves. Try to maintain this body sensation of love and kindness. Give it to yourself. Again, you can repeat after me either in your mind or quietly aloud.

“May I be happy” [Pause]

“May I be safe” [Pause]

“May I be strong” [Pause]

“And may my thoughts and actions contribute to my happiness in some way” [Pause]

Reading Connection:

If time allows today, read the book ***One Love*** by Cedella Marley and connect the actions of the children in the book to the concept of Loving Kindness.

Peace Place:

In the Classroom: Add a heart-shaped rock or materials for students to decorate heart cut-outs to remind them of Loving Kindness

Virtual Learning: Encourage students to add a heart-shaped object or heart-shaped cut-outs to their at-home Peace Places