

Peace & Kindness

About this practice: We are going to send people positive thoughts. This can help us feel connected to them, even when we can't be with them.

Think of someone who you love. Or maybe a friend you miss right now. Picture their face and their smile. Send them good wishes by repeating these phrases after me. Imagine your heart growing bigger each time you say a phrase.

1. May you be happy.
2. May you be healthy.
3. May your heart be filled with love.



Next we will send positive thoughts to children all over the world. Just like you and your friends, all children want to be happy and healthy.

1. May all children be happy.
2. May all children be healthy.
3. May all children's hearts be filled with love.



It is important to be as kind to yourself as you are to friends. You deserve the same love that you share with others, so now repeat the phrases for you.

1. May I be happy.
2. May I be healthy.
3. May my heart be filled with love.



Place your hand over your heart. Take three slow breaths.

Notice and share, how do you feel right now?



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Tips for sharing mindfulness and compassion practices with children.

Sharing mindfulness and compassion practices with children is a wonderful way to connect through a fun activity. It also offers them practical tools for developing awareness of themselves, as well as kindness towards themselves and others. Below are a few tips for tailoring this practice to your children.

- **Invite** children to make up their own positive phrases.
- **Praise** their effort in trying something new.
- **Recognize** their effort to memorize the phrases over time.
- **Integrate** the practice to various parts of the day to see what works best for your child. Some children really enjoy this practice before bedtime.
- **Allow** children to pick whomever they want to for the practice. For some children, it may be easier to pick specific people than to think of “all children”. If this is the case, find concrete examples to help your child expand their circle of compassion. E.g., “all of your friends”, “all of the children in your classroom”, etc. Children also enjoy thinking of pets.
- **Model** the practice. Many children may observe and listen to their parent or teacher do it before they say the phrases.
- **Make it** developmentally and age appropriate. It may be more accessible for younger children to say the name of the person they are extending thoughts to. E.g., “May Grandma be happy”.

Most importantly – follow your child’s lead and enjoy the practice together!

Visit www.depts.washington.edu/ccfwb/ for more practices to share with children.