



\*\*\*\*\*To use this document, either print, save as a Word Document to your own device, or click “File”, “Make a Copy”, and save it to your own Google Drive.

#### Lesson 4: Kindness

Students will **practice** loving kindness, **learn** about the science of kindness, and **reflect** on practicing loving kindness.

Try this short loving kindness mindfulness exercise:

<https://kidshealth.org/en/teens/relax-meditation.html>

Learn about the science of kindness here:

<https://www.youtube.com/watch?v=O9UByLyOjBM>

#### Reflection:

What was it like to offer wishes of love and kindness to others and to yourself?

The meditation includes specific wishes, like being happy and safe, free from struggle, and enjoying your life. What other wishes of love and kindness might you want to send to others or yourself?

What do you think about the science of kindness?

**Stretch Activity 1:** Pick one kind action to do for someone else, and one kind action to do for yourself. Be creative! You could offer a hug, write a letter, say some kind words, offer to help out - the options are endless. Notice what it feels like to intentionally offer kindness to others and to yourself.

**Stretch Activity 2:** Try any of the yoga classes offered here. As you practice yoga, focus on sending thoughts of love and kindness to your body.

[https://www.youtube.com/playlist?list=PLtKF2-K\\_dbAGVRVg6Yd98zPbhHb8JPRE](https://www.youtube.com/playlist?list=PLtKF2-K_dbAGVRVg6Yd98zPbhHb8JPRE)

**Optional Daily Practice:**

1. Find a comfortable, quiet space to practice mindfulness.
2. Practice sending thoughts of love and kindness to others. You can use the same wishes as were included in exercise above, or choose your own. You can pick any number of people to send love and kindness to.
3. Practice sending thoughts of love and kindness to yourself. Again, use the same wishes as above, or choose your own.
4. Check in with yourself after practicing mindfulness. How do you feel?

**Additional resources:**

This resource includes several mindfulness exercises for self-compassion and loving kindness:

<https://centerformsc.org/self-compassion-teens-mfy-meditations/>

This heartwarming video of children and teens practicing loving kindness can also be used as a meditation:

[https://greatergood.berkeley.edu/video/item/train\\_your\\_brain\\_to\\_be\\_kinder](https://greatergood.berkeley.edu/video/item/train_your_brain_to_be_kinder)

If you would like to, use the spaces below for any notes or reflections from your mindfulness practice.

<b>Monday</b>	
<b>Tuesday</b>	
<b>Wednesday</b>	
<b>Thursday</b>	
<b>Friday</b>	