



Loving Kindness

Sit with your feet flat on the ground or cross legged on the floor with a straight back.

Take 3 relaxing breaths allowing your body to relax.

Hold your hand over your heart and gently close your eyes or have them open with a soft gaze.

We are going to fill ourselves up with love. Pouring love into our hearts and allowing it to fill up our whole body.

Feeling the comfort and softness of your love.

Give yourself a big hug.

Filling your body up with love and kind wishes saying to yourself "May I be happy. May I be healthy. May I be peaceful. May I feel love."

Allow these lovely feelings to fill up your body.

Breathe in these lovely feelings.

Notice how that makes you feel inside.

Now think of someone you love. This can be someone in your family, a pet or a friend.

See if you can think of them and imagine sending all this love from you to them.

Can you see or feel them smiling as you send them your love and kind wishes.

You can now say these words:

"May you be happy. May you be healthy. May you be peaceful. May you feel love"

Imagine all these lovely feelings going to someone you love.

What does their face look like?

How do you think they will feel?

We can even send our love and kind wishes out even further!

Think of all the children and teachers in your nursery or school and imagine sending all your love and kind wishes to them. As you say:

"May you be happy. May you be healthy. May you be peaceful. May you feel love."

See all the children and all the teachers receiving your love and kind wishes.

Take some time to notice how that feels inside of you.

Just breathing in love and kind wishes for your self and breathing them out into the world.

Know that you can send these loving wishes to anyone in the world.

Give yourself a hug! How did that feel?