



Guided loving kindness meditation for younger children

“Sharing a gift”

Let us do some meditation.

We make ourselves comfortable, having our eyes open if we like.

Now we think of something we would like to give to ourselves, something big. Not a material gift that might cost a lot of money, but a quality. *(pause)*

Maybe happiness, joy, ease, relaxation.

And we can imagine putting this good thing in a box, like a present, and giving it to ourselves. Can we notice whether it makes us happy to get it? *(pause)*

And now we can take this same gift and wrap it up nicely.

Inside the box is this wish for happiness. And now imagine ourselves giving it to somebody we really like.

Maybe we want to give it to a friend or a teacher, a parent?

Who would we like to give this gift to? Let us just get a picture of them in our mind.

And we can imagine ourselves giving them that gift.

And then we give it to somebody we do not know very well, maybe a neighbour, someone in the street, someone selling fruits in the market.

And again, we can imagine offering them this gift. *(pause)*

Now we can slowly let go of this gift in our mind.

We can relax for a few moments and come back to the group.

(Based on a guided meditation by Sharon Salzberg, France, May 2013)

