



Contentment Exercise: In my hands

Materials needed: a sheet of paper for every child and colouring pencils or crayons.

In Buddhism it is said that one should practise contentment in order to be happy regardless of one's wishes and desires being fulfilled. When you stop desiring things to be different, a first step towards independent happiness is made. This exercise helps with that by reflecting on what you already have and are grateful for. Maybe you do not need more?



Instructions:

Trace your two hands onto your paper with a pencil or crayon. Write or draw inside your hand outlines possessions you are grateful for. These can be things, people, events, memories, abilities, etc.

Variations

- You can make it into a game: who can write/draw the most things out of the class.
- You can tell the students to at least come up with 5/10/20 things.
- Not enough time? Use a worksheet outline of a hand, you can find a lot of them on the internet.

Discussion:

Share with each other what you've filled your hands with and how you felt during the exercise.