



# Guided loving kindness exercise for older children

## Note for the teacher:

Always start with the *Introduction* and end with the *Conclusion*.

Either choose to do the complete exercise ([Parts 1 to 7](#)) or select one of the parts depending on the group you are teaching. You could also start with [Part 1](#) in one lesson and continue with [Part 2](#) in the following lesson, etc.

## Introduction

We make ourselves as comfortable as possible. We can close our eyes if we like.

Now remember someone who has been very kind to you, maybe someone in your family, a friend, someone you feel safe around, it could even be an animal/your pet.

You might remember a moment of kindness you received, a smile or a loving gesture.

Or imagine that the love in the whole universe in the form of white light is shining on you, warming your whole body. The love you receive is flowing into your body just like the warm and bright rays of the sun.

While receiving this love, you can say phrases of loving kindness, they are like a magic formula:

“May I be well, may I be happy, may I be safe” (repeat a few times)

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### Part 1: Loving kindness for irritating feelings

Then we continue noticing something in us that feels difficult or irritating right now. It could be a feeling of boredom, a feeling of anxiety, of worry or sadness.

Or you might feel anger towards someone who is irritating you right now.

Now we are sending love to whatever upsetting feeling we might experience right now.

“May you be well, may you be happy” (*repeat a few times*)

We imagine that the love we receive heals all our disturbing emotions.

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Part 2: Loving kindness for loved ones

Now we can send our love to other loved ones, our parents, grandparents, our friends, our pets:

“May you be well, may you be happy, may you be safe.” *(repeat a few times)*

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Part 3 : Loving kindness for people we do not know or do not know so well

Now we are sending our good wishes to people we do not know so well, our neighbours, people in the shops:

“May you be well, may you be happy, may you be safe.” *(repeat a few times)*

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Part 4: Loving kindness for a person that is difficult for us

Now think of a person who you find a bit difficult, someone who has irritated you, for example. Consider that this person wants to be happy and not suffer - just like you - and maybe they have the same fears and anxieties as you.

We send our love to this person with the phrases:

"May you be well, may you be happy, may you be safe" *(repeat a few times)*

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Part 5: Loving kindness for all those around us

Now we are sharing our love with all those living in our house:

"May you be well, may you be happy, may you be safe."

And with everyone in our street:

"May you be well, may you be happy, may you be safe."

And with everyone in the classroom:

“May you be well, may you be happy, may you be safe.”

We embrace everyone in our country with our love:

"May you be well, may you be happy, may you be safe" *(repeat a few times)*

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Part 6: Loving kindness for those who are sick, live in war, who are poor and do not have enough to eat

Then we send our love to all the places in the world where people are sick:

“May you be happy, may you be well, may you find the right doctor and receive the right medicine. May you always have people near you who take care of you.”



Now we send our love to all the places in the world where people live in war:

“May you be happy, may you be well, may you be safe, may you live in peace.” *(repeat a few times)*

Now we send our love to all the places in the world where many people are very poor and do not have enough to eat:

“May you be happy, may you be well, may you have housing, clothing, and enough to eat.” *(repeat a few times)*

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Part 7: Loving kindness for the whole world, including all people and animals.

Then we include the whole world, with all animals and all people living there:

“May the whole world, all beings be well, be happy, be safe, and live in peace.” *(repeat a few times)*

## **Conclusion**

Now we can open our eyes if they are closed.

For a few moments we rest in this feeling of open heartedness and in the atmosphere of love.