



Guided contemplation: The law of cause and effect

Make yourself comfortable, feel how your body is touching the chair you are sitting on.

Feel how you are right now, just noticing it without judging.

Keep your body relaxed, breathing naturally.

You are now listening to questions and phrases, and you can just let them sink in.

Think of a moment in the last few days where you have done something kind to another person. It can be a small act of kindness you have done. Maybe you smiled at someone you know or someone you even do not know. Or maybe you helped someone, for example you helped your mother with cooking or cleaning up?

What was your act of kindness?

What was your intention for doing it? Why did you do it?

How did you feel about being kind?

How do you think the other person felt when you were kind to them? (Pause)

Now think of a situation that happened recently where you have been a little bit unkind to another person. Maybe you said something not so nice to someone, or you screamed at someone because you felt angry.

Can you remember a situation?

How did you feel when you were unkind?

How was it for the other person? How did the other person feel?

Perhaps at this point you can ask yourself to forgive yourself for what you did.

It's important to know that you don't have to feel guilty.

We ourselves are good, sometimes it's just our actions that are not so good.

And maybe there is even a possibility that you can make up for what you have done and / or you can even apologise to the person if you like. Do you want to try to do that?

Now slowly let go of all thoughts and just relax for a few moments.

Teacher's note:

Before the start of the contemplation make sure that the children are feeling relaxed, at ease, maybe close their eyes if they want to. You could play soft music in the background as a support for the contemplation.

Then read the phrases slowly, giving space after each sentence/ each question.



When working with younger children, it would be useful to let them share their answers and experiences during the contemplation (after each question for example).

With older children, you could let them share their experience after having completed the contemplation.