

# FRIENDLY WISHES

We imagine that everyone is happy, safe, healthy, and living in peace to practice kindness and concentration.

LIFE SKILLS: Focusing and caring

DURATION: 15 minutes

OPTIONAL SUPPLIES: Stuffed animal, pillow, yoga mat or blanket to lie on

AGES: All

## LEADING THE GAME

1. Lie on your back with your legs flat on the floor and your arms by your sides. If you'd like, you can close your eyes.
2. Feel the back of your head touching the floor (or pillow) and feel your arms and hands relaxing into the ground. Feel your back, your legs, and your feet relaxing too.
3. Now we're going to send some friendly wishes together.  
Guide the child/ren through this visualization:

### Guided visualization

*Picture yourself feeling happy. Imagine that you're smiling, laughing and having fun – even if you're not having fun right now, that's ok. Just imagine what it's like when you're doing something that you love to do – when you feel happy, safe, and peaceful.*

*Now silently in your mind, say to yourself: I want to be happy. I want to be healthy and strong. I want to be safe. I want to feel peaceful and content. I hope to feel lots of love. You can use my wishes or choose your own wishes and say them in your own words.*

*Notice where in your body you feel these wishes – maybe in your chest, your belly, or your head – and imagine that your wishes create a warm feeling there that grows when you pay attention to it. You can also give this feeling a color. It can be any color you want – maybe it's blue, red, or yellow. Imagine that this warm feeling, with a beautiful color, grows from the place it started in all directions, every time you say a friendly wish. I want to be happy....*

*Now let this feeling spread so far that it starts to reach all the way out to your fingers, toes, and to the top of your head – and finally into the room. And imagine that any other people in the room can feel this warm feeling you're creating too! I want to be happy...*

*Picture this feeling spreading so far that it moves out of the room, into the building, to fill the city, the country, and finally the whole world. In your imagination, you can invite anyone you want – someone in your family, a friend, or a pet – to enjoy this feeling with you! This time you can send your friendly wishes out to them. Silently say: I want you to be strong and healthy. I hope you feel peaceful, safe and happy...*

4. When you're ready, open your eyes and feel your body against the floor again. Sit up slowly. Reach your hands high up to the sky as you take a big breath in, and as you breathe out, lower your hands to your knees.
5. What was it like to send friendly wishes? How do you feel now?