



NGY LESSON PLAN

THEME: Kindness Matters

AGE GROUP: 8-13 yr. olds

CLASS TIME: 45-60 minutes

SUGGESTED PROPS & MUSIC

Song: *Watermark* by Enya, song: *Sun Light* by MC Yogi, song: *One Day* by Matisyahu, 2-3 paper grocery bags, 8-10 pom poms per child, song: *Peace Through Kindness* by Nawang

CREATE THE SPACE (3-5 min.)

EASY POSE, MEDITATION: *"We all have kindness and love inside of us. Let's share this kindness and love with others with a special meditation."* In Easy Pose, introduce the **Kindness Matters** theme with a loving-kindness meditation. *"Rest your hands, palms face up, on your knees. (Pause) Close your eyes or lower the gaze. (Pause) Bring your awareness to the present moment. Let all other thoughts float away and be right here, right now. (Pause) In this loving-kindness meditation, we will send love and positive energy to ourselves, people we love and people we don't even know. (Pause) First, think of someone in your family. It may be your mom or dad, a grandparent, brother or sister, aunt, uncle or distant relative. It can also even be a special pet. (Pause) Now, in your mind, send them loving and kind thoughts by thinking, 'May you be safe.' (Pause) 'May you be healthy.' (Pause) 'May you be happy.' (Pause) 'May you be peaceful.' (Pause) Next, bring to mind a friend. (Pause) See his or her face in your mind and let's send them loving and kind thoughts. (Pause) 'May you be safe.' (Pause) 'May you be healthy.' (Pause) 'May you be happy.' (Pause) 'May you be peaceful.' (Pause) Next, think of a teacher you had in the past. One who took care of you and taught you new things. (Pause) See this teacher's face in your mind and we'll send loving and kind thoughts. (Pause) 'May you be safe.' (Pause) 'May you be healthy.' (Pause) 'May you be happy.' (Pause) 'May you be peaceful.' (Pause) Finally, imagine you are seeing yourself in a mirror. (Pause) See your eyes, nose, hair and smile. (Pause) Now we'll send loving and kind thoughts to ourselves. (Pause) 'May you be safe.' (Pause) 'May you be healthy.' (Pause) 'May you be happy.' (Pause) 'May you be peaceful.' (Pause) Take moment to notice how sending loving and kind thoughts to others and yourself*