

A loving kindness script for kids in childcare

Let's practice our loving kindness meditation so we can connect with our happy feelings.

Begin by gently closing your eyes and paying attention to your breathing. Inhale and exhale slowly and deeply. As you breathe in, feel the love and kindness that is inside of you. As you breathe out, let go and relax.

Now, think of someone who loves you. It could be a family member, friend, or even a pet. Imagine this person or animal is surrounded by a warm, glowing light.

Feel the love you have for them as you hold them in your heart. Take 3 slow breaths in and out and notice how good you feel inside. Maybe it's making you smile.

Now let's take a nice big breath in and as you breathe out imagine you are sending them all of your love and well-wishes.

And again, let's connect to how we are feeling inside when we do this. Feel the peace and happiness you have in your heart right now growing even bigger.

Now, let's think of everyone here in our group. Breathe in and feel the love and kindness in your heart ... and as you breathe out, let's put on our kind smiles and imagine sending our love to everyone here in the room.

And before we finish let's give ourselves some of that loving kindness. Gently place your hands on your heart as you feel love for yourself ...

And let's give ourselves a big hug to end our meditation.

When you're ready, open your eyes.

Take a few breaths now and notice how good you feel inside. Feeling refreshed and connected to the people and animals you love and to everyone in our group.

Great job everyone!

