



Students will listen to a loving kindness meditation, and then discuss how it made them feel and how they can make time to show themselves love in the future.



Load the 12-minute Tara Brach loving kindness meditation to play to the class: Tara Brach Guided Meditation: <https://bit.ly/36HPJPR> You may also use a different meditation that you prefer.

Total Prep Time: 10 mins.



As this is the second Monday of the month, please consider sharing or re-sharing highlights from the Monthly Kick-Off, and if appropriate, monthly video.

Special Note: Consider starting class with the "Picture Book Discussion" activity from the "Extension" section of this lesson.

4 C's		SOCIAL & EMOTIONAL LEARNING		SERVICE LEARNING	
•	Critical thinking	•	Self-awareness	•	Integrated learning
•	Communication	•	Self-management		High quality service
	Collaboration	•	Social-awareness	•	Collaboration
•	Creativity	•	Relationship skills	•	Student voice
		•	Responsible decision-making		Civic responsibility
				•	Reflection
					Evaluation

GOALS FOR THE WEEK

- Discover ways to **MAKE TIME** for underappreciated people that helps them know **YOU MATTER**.
- Engage with communities in need by sending them heartfelt letters that convey **WE MATTER**.
- Understand how **MAKING TIME** to foster love through meditation shows that **I MATTER**.



STUDENT ACTIVITY: **LOVING KINDNESS MEDITATION**

- 1) SHARE THE NAME OF THIS ACTIVITY WITH STUDENTS: LOVING KINDNESS MEDITATION**
- 2) CONSIDER ASKING 1-3 QUESTIONS FROM THE LIST BELOW TO WARM STUDENTS UP ON THE ACTIVITY'S FOCUS:**

***NOTE:** *Choose questions appropriate to your students' ages, grades, ability levels, and classroom goals. Students may share their answers in pairs, small groups, or as a large group.*

- Do you ever **MAKE TIME** to think about what you **LOVE** about yourself? Why or why not?
- What do you **LOVE** about yourself?
- Why can it be difficult or uncomfortable to share what you **LOVE** about yourself?
- What are some specific ways you could show yourself more **LOVE** and **KINDNESS**?

- 3) SET UP THE "LOVING KINDNESS MEDITATION" ACTIVITY:**

- **Explain:**
 - As we go through our day, we focus on the things we need to do.
 - Some days, it feels like we're constantly doing things for others.
 - Sometimes, we forget about a very important person in our lives.
 - You!
- **Ask:**
 - How could **MAKING TIME** to think about what you **LOVE** about yourself help connect you to how much **YOU MATTER**?

- 4) START THE "LOVING KINDNESS MEDITATION" ACTIVITY:**

- **Explain:**
 - Today, we will listen to a **LOVING KINDNESS MEDITATION** and then talk about how we **MAKE TIME** to show ourselves love in the future
- **Instruct students to lower heads to desks and close eyes (if comfortable doing so) to clear their minds of thoughts as they listen to the LOVING KINDNESS MEDITATION**
- **Play the 12-minute Tara Brach LOVING KINDNESS MEDITATION to the class:** <https://bit.ly/36HPJPR>
 - OR the meditation of your choice.
- **Take a moment for students to reset and prepare for the activity reflection.**

- 5) AFTER THE ACTIVITY, CONSIDER ASKING 1-3 OF THE FOLLOWING QUESTIONS TO HELP STUDENTS REFLECT ON WHAT THEY'VE ACCOMPLISHED AND HOW THEY CAN TAKE THIS FORWARD:**

***NOTE:** *Choose questions appropriate to your students' ages, grades, ability levels, and classroom goals. Students may share their answers in pairs, small groups, or as a large group.*

- **How did you feel during and after listening to the LOVING KINDNESS MEDITATION?**
- **How can you use the words or feelings from this MEDITATION to MAKE TIME to show yourself LOVE and KINDNESS every day in the future?**
- **How can you catch yourself in the act of criticizing and being hard on yourself in the future and remember the words and feelings from this LOVING KINDNESS MEDITATION?**
- **When and how could you MAKE TIME for a daily LOVING KINDNESS MEDITATION in the future?**
- **How could this help you GET LOVING towards yourself and others?**
- **How could this help you connect to how much YOU MATTER?**

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- 6) THANK STUDENTS FOR SHARING THEIR “LOVING KINDNESS MEDITATION” IDEAS AND REFLECTIONS WITH THE CLASS.** Remind students that when people are asked how they would have lived any stage of their life differently or what they might regret the most, their answers usually relate to how they spent their time. Some of the most common responses include: I wish I hadn’t worked so hard; I wish I had stayed in better touch with my friends; I wish I had spent more time with the ones I love the most; or I wish I had pursued my passions more. So, in the spirit of love, it’s time for all of us to **MAKE TIME**.
 - 7) CHECK IN WITH STUDENTS ON IF THEY HAVE PRACTICED ANY “LOVING KINDNESS MEDITATIONS” OUTSIDE OF CLASS.** Challenge students to spend time on themselves to pursue their passions, live more authentically, and find more joy and happiness.
 - 8) CONSIDER CONTINUING TO EXPLORE “MAKE TIME” BY LEADING AN EXTENSION ACTIVITIES.**



EXTENSION IDEAS:

DO ONE OR MORE OF THESE EXTENSION IDEAS TO BRING THE LESSON FROM 15 MINUTES TO 30 MINUTES OR MORE.

- 1) **Read or watch the read along video of the book, Stand Tall Molly Lou Lemon by Patti Lovell:** <https://bit.ly/2PWWWod> , I Am Enough by Grace Byers,: <https://bit.ly/2S4exxw> or I Like Myself by Karen Beaumont: <https://bit.ly/2sC7sJE> , and discuss what the book teaches them about what it means to truly love themselves despite what anyone else thinks.
- 2) **Fill Your Plate:** We talk about having healthy diets and lifestyles but not healthy amounts of love. Decorate a plate with at least five servings of love to make sure you have a healthy dose of self-love as well as love for friends, family and community members every day.
- 3) **Foster Forgiveness:** Since sometimes we must forgive in order to love, print or project the article, “Ho”oponopono (Hawaiian prayer): How to practice it in four simple steps,” : <https://bit.ly/35wSxzd> to read aloud in class and discuss how students can apply this Hawaiian practice of forgiveness to their own lives.
- 4) **ELA Connection:** Students will write an expository essay to explain why it is important to take time every day to foster love and kindness. Their essay should include specific examples from history, current events and/or their own life.
- 5) **Social Studies Connection:** Students research and write about the true history of Valentine’s Day and the origins of Valentine’s Day traditions (wearing red, decorating cards, giving flowers and chocolate, eating heart shaped candy, etc.)
- 6) **Math Connection:** Students will calculate how many minutes a day they spend on unnecessary activities (such as TV, video games, social media, waiting in line, etc.) to decide on when and how much time they can spend every day on meditation or other activities that foster self-love.

“**THE MOST IMPORTANT THING IN LIFE IS TO LEARN HOW TO GIVE OUT LOVE AND TO LET IT COME IN.**”

- MORRIE SCHWARTZ,
AMERICAN PROFESSOR OF SOCIOLOGY AND SUBJECT OF HIS STUDENT’S BEST-SELLING BOOK,
TUESDAYS WITH MORRIE (1916 - 1995)