

Remembering KINDNESS



Think of someone who has been kind to you. What are some of the words they said or things they did? List them below.

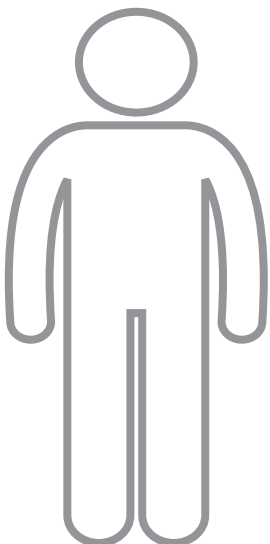
When we remember a kind act or kind person, this can help our bodies feel better, safer and stronger. When we pay attention to how our body responds and focus on any pleasant or neutral sensations that come up, this can help our bodies feel even greater well-being.

SELECT ONE THING FROM YOUR LIST. DRAW A PICTURE OF IT OR WRITE ABOUT IT.



Take a moment to look at your drawing or writing. How does it make you feel on the inside?

Feeling _____



WRITE THE
SENSATIONS
ON THE BODY
WHERE YOU
FELT THEM.
.....



TONIGHT'S CHALLENGE

Before you go to sleep tonight, take a moment to think about something kind you did for someone or that someone did for you. Notice how it feels to remember this. Notice any pleasant or neutral sensations in your body. What might you think about tonight?
