

Friendly Wishes for difficult people

Time Needed:	10-15 minutes
Group Size:	Older children, teens
Objectives:	Remind students that the people who get on our nerves the most are often the people we love the most and we can always choose to have a positive reaction to a situation. When choosing their "difficult person" encourage children not to choose someone for whom they have very strong negative feelings.
Materials:	none
Links/Resources	Mindful games activity cards by Susan Kaiser Greenland and Annaka Harris
Activity Description This activity can be done remotely by having a discussion over an online video call and/or by assigning the reflection questions for homework. After inviting students to an online video call, ask mute their microphones to minimize distractions. <i>Lead the students through this activity/guided visualization</i> <ol style="list-style-type: none"><i>1. Lie down or sit in a comfortable position and close your eyes</i><i>2. Bring to mind an image of a person who is difficult for you to be around, but whom you'd like to wish well.</i><i>3. Imagine that you feel happy. Imagine that you're smiling, laughing, and having fun. Don't worry if you don't feel happy right now.. Just picture yourself laughing, hanging out with friends or doing something that you love to do.</i><i>4. Then in your own words, silently say something like this: I want to be happy. I want to be healthy and strong. I want to be safe. I want to feel lots of love. I want to feel content and peaceful.</i><i>5. Bring back the image of the person you find difficult, but whom you'd like to wish well. Remember that you don't need to change your feelings toward him or her. (In your own words, silently say something like: I want you to be healthy and content. I hope that you're safe and feel peaceful. Choose words and good wishes that your comfortable saying and repeat them silently.</i><i>6. Now open your eyes. If your lying down, slowly sit up. Take a deep breath and notice how you feel.</i> Discuss with the student how they felt sending their friendly wishes, was it easy or hard? How do they feel after sending the wishes? Did it change their perspective?	
Questions for Reflection	<ul style="list-style-type: none">• Did you find it difficult to send friendly wishes, or was it easy?• How do you feel after this activity?• Did this activity change your perspective at all?• What might the benefit of an activity like this be?