

SELF COMPASSION MEDITATION FOR THE CLASSROOM



We are going to take a moment to start to listen to our inner compassionate voice.

Sometimes it can be easier to be kind to the people around us, and we forget to be kind to ourselves.

This short practice will help with that.

I want you to start by picturing someone who is very important to you.

A friend, family member, or even a pet.

Someone that you love to be around, who makes you smile.

How does picturing that person make you feel?

Happy, safe, loved, warm, like you belong?

And how do you want that person to feel when they are around you?

Happy, safe, loved, warm, like they belong?

When that person experiences a tough time- when things are hard at school, they fight with their family, or they just feel like they are failing at life, what do you say to them?

Things like: "It's ok, you can try again tomorrow"

"It's alright, you tried your best- you are good at so many other things"

"You don't need to compare yourself to anyone else- you are unique and special."

Let's take a moment to send some love to that person.

Repeat these phrases silently after me, and actually feel the feelings as you send these kind words...

May you be safe and happy

May you feel loved

May you accept yourself just as you are.

Of course you might want to send these lovely thoughts to more than one person.

Let's picture all of your special people and things now. A whole room filled with all of the people you love.

Let's send everyone in your room or circle these lovely feelings

Repeat the kindness phrases after me...

May we all be safe and happy

May we all feel loved

May we all accept ourselves just as we are.



Did you notice? You are in the room too!

Did you feel the love from these kind phrases?

When hard moments happen, when you make a mistake, when you start to compare who you are and how you look to other people- what sort of things do you say to yourself?

Often we say things that are so much more critical to ourselves

And yet when the same things happen to other people, we are compassionate and supportive.

Could you try to respond to yourself in those same compassionate and supportive ways?

To say things like:

Things like: "It's ok, you can try again tomorrow"

"It's alright, you tried your best- you are good at so many other things"

"You don't need to compare yourself to anyone else- you are unique and special."

Let's focus just on you now.

I want you to take a moment and repeat the phrases again.

But slow down, take your time, and really focus on the feeling...

May I be safe and happy

May I feel loved

May I accept myself just as I am.

Imagine these kind words washing over you in a wave of self compassion- a lovely warm wave. This is your compassionate voice. The one who will speak kind words to you.

Your inner compassionate voice knows just what you need to hear,

And we want to practice listening to what they have to say.

What is something your compassionate voice wants to tell you right now?

What do you need to hear?

Take a moment to come back to the room.

With your eyes still closed, but your hand over your heart and repeat again what your inner compassionate voice knows you need to hear.

Now open your eyes and write it down so you don't forget...