**A. Visualizing Goals**

*On your own:*

1. Write down a small goal you have for this coming week. This goal should be realistic and doable. It should be a goal to improve something that is personally important to you.
2. Visualize how you will accomplish this goal.

3. Write down the small steps to get there:

Step 1. First I will

Step 2. Next I will

Step 3.

Step 4.

Step 5.

4. Reflect. What did you notice, anything you liked or disliked?

*As a group:*

First, think of an age group you have a lot of experience working with.

How might you adapt this practice to be engaging and appropriate for their level?

B. **How would you treat a friend?**

*On your own:*

1. Think of someone you care about who can be really hard on themself. Maybe a good friend (or spouse, or child).
2. When being most helpful, how do you respond to your friend in these situations?
3. What do you say? How do you say it?
4. How about yourself? How do you talk to yourself when you are struggling?
5. What’s different between how you talk to yourself or your friend? Why?
6. What might change if you talked to yourself the way you would typically talk to a close friend?
7. Think of struggle you are facing lately and try treating yourself like you would treat your good friend.
8. Reflect. What did you notice, anything you liked or disliked? Share with the group.

*As a group -- Adapt.*

Think of an age group you have a lot of experience working with.

How might you adapt this practice to be engaging and appropriate for their level?

**C. Letting Go of Anger**

*On your own:*

Relax for a moment, breathing in and out naturally. Keep your arms, legs, and body still.

1. Think of a time when another person annoyed, hurt, or offended you. For this quick exercise, pick something fairly minor rather than a major betrayal.
2. For the next few minutes, think of the offender as a human being. Someone who behaved badly. Even if the relationship is over, try to wish that this person experiences something good and healing.
3. Even though it may be hard, focus on feelings of mercy or compassion. Write a few words related to that now.
4. What thoughts, feelings, and physical responses did you have as you practices these feelings of kindness and mercy for this person.

*As a group -- Adapt.*

Think of an age group you have a lot of experience working with.

How might you adapt this practice to be engaging and appropriate for their level?

**D. Small Kindnesses**

*On your own:*

1. Reflect for a moment on something kind someone did for you recently, big or small.

2. What thoughts, feelings, and physical responses did you have when this person was kind to you?

3. Brainstorm five acts of kindness that you could perform in one day, maybe today! They can be big or small, but aim for variety! (e.g. feeding a parking meter, helping someone, buying a meal for a stranger)

A.

B.

C.

D.

E.

4. Why do you think you chose these things? What values are you tapping into when you think of doing these kind things?

Why not give it a try ☺

*As a group -- Adapt.*

Think of an age group you have a lot of experience working with.

How might you adapt this practice to be engaging and appropriate for their level?

**E. Gift of Time**

*On your own:*

1. Think of a person you really care about.
2. What kindness could you do for this person that only requires giving your time?
3. Plan a gift of time for this person. It could be doing something *with* them or something *for* them on your own.
4. What would you need to plan to do the favor well and not take any shortcuts? (e.g. taking off your watch or putting way that phone)
5. Imagine giving this gift if time, letting it speak for itself. What thoughts, feelings, and physical responses did you have?

*As a group -- Adapt.*

Think of an age group you have a lot of experience working with.

How might you adapt this practice to be engaging and appropriate for their level?

**F. Shared Values**

*On your own:*

1. Think of a person in your life who seems really different from you. They like different things and might have a different brakcground. They see politics differently. They see religion differently than you. Maybe you have had a conflict with them or belong to a group you have a conflict with .

2. Next, make a list of 5 things that might have in common with this person. Maybe you work together at the same school. Maybe you both have families. Maybe you have both lost a loved one.

A.

B.

C.

D.

E.

At the broadest level, you are both human.

3. Review this list of what you share. Try to see this person as an individual, one whose tastes and experiences might overlap with yours in certain ways. Write a couple sentences about your experience with this exercise.

*As a group -- Adapt.*

Think of an age group you have a lot of experience working with.

How might you adapt this practice to be engaging and appropriate for their level?