**Kind Mind Practice**



May I be happy.

May I be healthy.

May I be safe.

May I be strong.

May you be happy.

May you be healthy.

May you be safe.

May you be strong.

May we be happy.

May we be healthy.

May we be safe.

May we be strong.

This is a simple practice to cultivate kindness, one of the key values to foster social connection in our communities.  We can build a caring community “from the inside out,” where we see each other, hear each other, and learn how to take care of ourselves as well as take care of others.  With kind mind practice, we are generating feelings of care andcompassion for others.

Saying these phrases silently to yourself, we begin with ourselves, or “I” phrases, offering caring for our bodies and minds and building awareness of what we need.  When we treat ourselves with kindness, we are likely to make healthy choices. Then we move on to “you” phrases, the wishes being extended out to another (this can be to a close friend, to a teacher, to a new classmate, or even to another student with whom we disagree). And the third step is to send these wishes out to the entire school community, the “we” phrases, with no one left out and to build a sense of belonging.

And it’s called a “practice” for a reason. The more you practice, the stronger your kindness grows and the wider your circle of compassion becomes.

Compassion is cultivated, like a garden. As a gardener, I cannot make the plants grow or the flowers bloom. I can support the conditions of the garden by providing ample water, cultivating the soil, and adding any nutrients the plants may need. For compassion to emerge, certain conditions must be present. This is what we are cultivating when we practice “kind mind” in our schools, homes and communities.