

Spreading Kindness

- 1. Get comfortable and close your eyes.
- 2. Take slow, deep breaths in and out.
- 3. Imagine how kindness feels inside your heart.
- 4. As you breathe in, feel the kindness in your heart get bigger.
- 5. As you breathe out, imagine sending that kindness to your community.
- 6. Open your eyes.

