

Happy Heart

Sit comfortably with a straight back and let your belly relax.

Let your eyes close and smile.

Noticing your belly rising when you breathe in.

And noticing it falling when you breathe out.

Whenever your mind wanders and you forget to notice your breathing, just silently saying the word wandering, and then bringing all of your noticing back to your breathing.

Just resting, and just noticing each in breath and each out breath.

This practice is called the Happy Heart Practice.

The happy heart practice is for exercising our heart muscle and making it nice and strong.

We make our heart muscle strong by practicing kindness.

So in the happy heart practice, we sing kind and happy thoughts to ourselves and to others.

Begin by imagining someone who you love. It might be your mum or your dad. It might be one of your grandparents. It might be one of your friends, or it might even be one of your pets.

Make sure it is someone who helps you to feel happy when you think about them.

Maybe you can imagine them smiling at you. And as they smile at you, you feel yourself being filled up with feelings of kindness and love. And as you feel yourself being filled up with kindness and love. You can send some kind thoughts to yourself.

Breathing in mindfully and then breathing out and thinking 'may I be friendly'

Breathing in and breathing out, thinking 'may I be calm'

Breathing in and out. May I be happy. May I be friendly. May I be calm. May I be happy.

And now imagining this person who you love. This person who loves you. Once again. And sending the same kind thoughts to them.

Remembering to notice your breathing as you silently say. May you be friendly. May you be calm. May you be happy.

Sending kind and happy thoughts to the people we love.

Now let's send these same kind, friendly thoughts to everyone in the classroom.

Remember to keep noticing your breathing and at the same time, send these thoughts to your teachers and classmates.

May you be friendly. May you be calm. May you be happy.

Breathing in and out, thinking of your teachers and classmates.

May you be friendly. May you be calm. May you be happy.

Now sending these kind thoughts to the rest of your school.

To all the other teachers and students in the school.

The ones you like, the ones you don't know so well, and even the ones you don't get on with so well.

If we want to build a strong and happy heart then it is important that we send these thoughts of kindness to everyone.

Remembering to notice your breathing as you send these kind thoughts out to your school and into the world.

May you be friendly. May you be calm. May you be happy.

Very good, now you can stop thinking about other people and just rest with your own breathing. Just noticing each breath in each out breath.

Good work, now we sound the bell.

Smiling, breathing and listening to the bell.