**Sending Friendly Wishes**

By Susan Kaiser Greenland (adapted)

1. Ask the children to **send friendly wishes to themselves**, imagining that they are happy and having fun, that they are healthy and they are safe with their family and friends.
2. Next suggest a **close friend** or family member ( usually better if the person is in the room so that the children can focus on the person ) and silently send friendly wishes to that person. For example: *“Granny, I want you to be happy; I hope all your dreams come true; I want you to feel lots of love in your life; I always love to spend time with you ; I hope you feel peaceful and calm; I want you to be safe always.”*
3. After sending friendly wishes to close friend or family member, suggest they send wishes to **people who aren’t in the room** starting with **family** and friends , then moving to **people they have met**, then **those they haven’t met but would like to** and **finally to all living beings** in the whole wide world. The children might imagine themselves saying to these people and living things: *“I hope you are happy; I hope you are healthy and have lots of fun; that you are safe and never get hurt and that you live in peace with people you love.”*
4. Close the circle of friendly wishes with the children themselves, by asking them to internalise them again and say **silently to themselves**: *“May I be happy, may I be healthy and strong; may I be cozy and safe and living in peace with my family, my friends, my pets and all those I love.”*