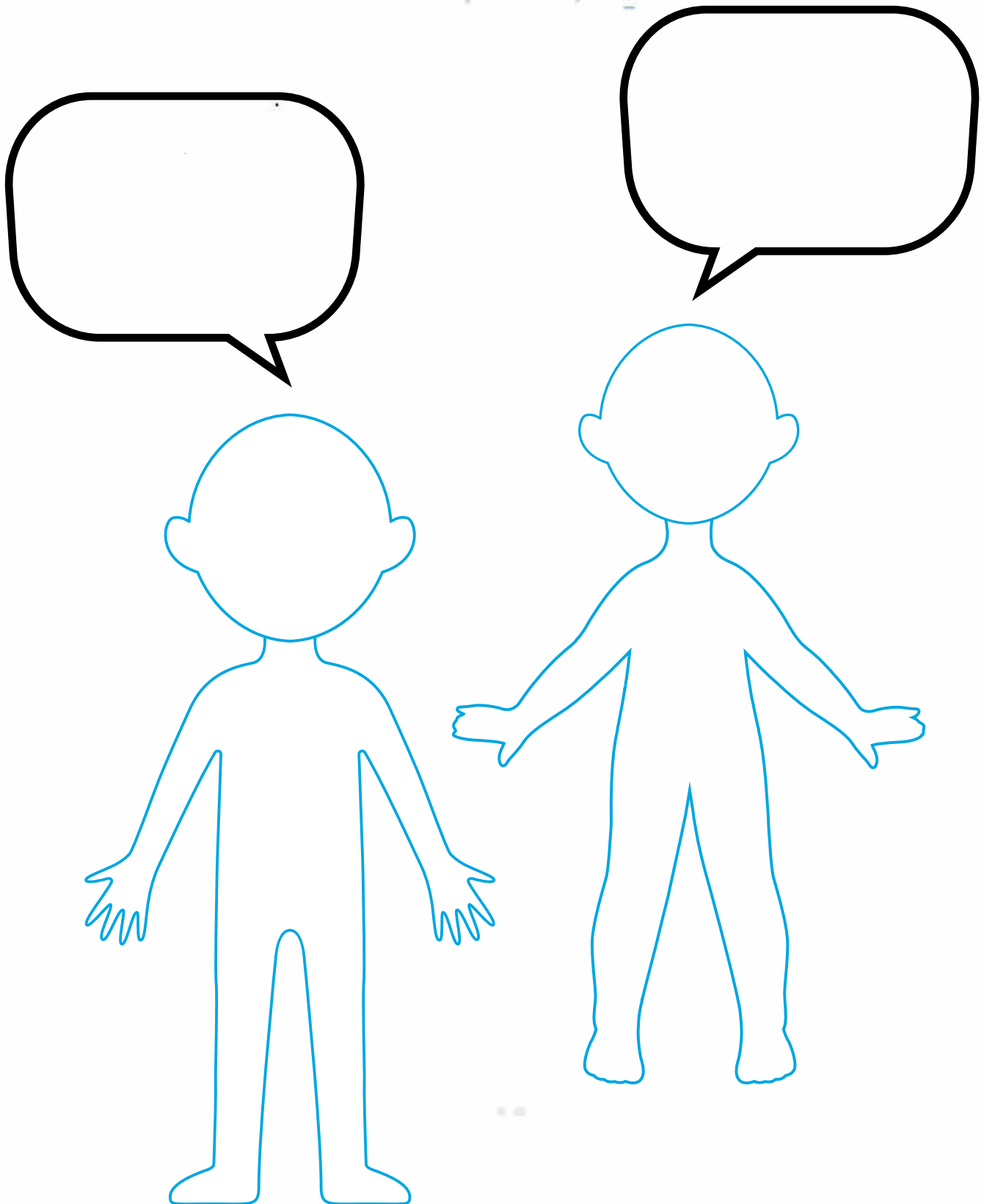


How Do You Draw a Friend?



Kind Mind (For Others)



Kind Mind (For Others)

- *Begin in a comfortable sitting position with your eyes open or closed. Take a few gentle breaths here, checking in with yourself and noticing how you are feeling in this moment.*
- *Now open your eyes if you'd like to and take a look around at all of the members of this group. Just like you, they want to be safe, healthy, and happy.*
- *Close your eyes if it's comfortable or rest them on one spot. Picture all of your classmates in your mind and let's practice kind thoughts for them to build our kindness muscles. After I say the words out loud, take a deep breath and repeat after me in a whisper or silently.*
 - *May you feel happiness and joy.*
 - *May you be safe and healthy.*
 - *I hope you feel peace of mind.*
 - *I hope you feel cared for.*
- *Notice what it feels like to practice kind thoughts for other*
- *Allow this feeling to sink into your body as you take a few moments sit quietly.*
- *Take a few moments to sit quietly and notice what it feels like to practice kind thoughts for others.*

Repeat four to five times, with students sitting tall and breathing and moving together.

- *Take a deep breath in and out, and when you're ready, look up.*

Tip: Leaders and students can customize the “Kind Mind” phrases to better resonate with the student population. Kind Mind (for Others) can also be done with partners or individually, where individual students can choose a person themselves to direct kind thoughts toward.

Drawbridge



Drawbridge

- Stand facing your partner, about an arm's length away from each other.
- Inhale, reach your arms up overhead and press your palms against your partner's palms. Do not interlace your fingers! You may have to adjust your foot position so you can reach each other.
- Keep pressing gently but firmly against each other's palms.
- Take one step back (away from each other).
- If you both feel steady, cooperate with your partner to continue moving your feet as far away from each other as possible, while pressing steadily into the hands.
- Check in with your partner.
 - *Does the pose feel safe?*
 - *Do you need a pause?*
 - *Can you move further apart while staying safe?*
 - *How can you act in a way that your partner will trust you?*
- Hold the pose for a few breaths if you can. When you are both ready, or if either of you feels like you might fall, end the challenge by walking one step at a time toward each other.
- After you have walked your feet together, breathe in once while you are still touching palms with your partner. As you exhale, carefully release contact with your partner's hands and bring your hands back to your side.