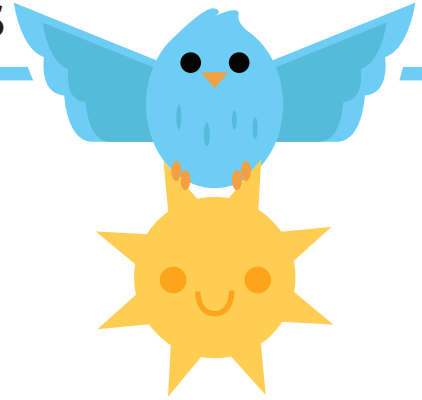


Name _____

Date _____

SENDING KINDNESS REFLECTION QUESTIONS



Sending good wishes to yourselves and others creates a chain of kindness. Decide who you will send kindness to, then close your eyes and picture what it would look like to send good thoughts their way. Write down your reflections below:

How did sending kindness feel in your body?

Why should we send kindness to ourselves?

Why should we send kindness to others?

Draw a picture of sending kindness around the world.

Write some other kind wishes for yourself, your family, your community, and the world.