

# Guided Meditation

## "Superhero of Kindness"

Did you know you have a superpower? It's called kindness.

Yes, really. Kindness is a superpower because it helps people. It can even save people. It can save them from a bad day, a bad week, and even a bad year. And you already have everything inside of you to activate that superpower!

So let's do it.

Get into a comfortable position now. If you're sitting, you can put your hands in your lap, palms up. Just sit comfortably with your back straight. Take in a nice deep breath and close your eyes.

Now focus on your breathing and guide a deep breath all the way down to your belly and let your belly get big, and then exhale fully.

You are probably already starting to feel very relaxed now. Keep breathing in a way that makes you continue to relax and feel calm while you just follow along with my words.

Imagine yourself now as a real-life superhero. You're wearing a brilliant suit in your very favorite colors. There are gloves on your hands, boots on your feet, and a perfectly fitted silk mask around your eyes letting you see everything around you, near or far.

Of course, you have a very special superhero belt with your own name on it. You feel invincible. You are proud to be you.

Take a moment while you take in a nice deep breath. Feel how warm your heart feels, and how happy you feel inside. Now, place your hand over your heart and say "I activate my kindness superpower!"

Suddenly, your heart beams out with beautiful white light. People can see it from miles around.

You've just activated your kindness superpower. You can help make someone's day so much brighter, just by smiling or saying a few kind words. Say something you like or admire about them.

Thank your parent for all they do for you. Hold the door for someone when their hands are full. Be a good listener to a friend who needs you. Give your pet an extra belly rub or scratch behind the ears.

There are so many ways you can show kindness to others. And each and every day, you'll find new ways to use your kindness superpower.

Take in a big deep breath again and feel how wonderful it is to know deep in your heart that you have this amazing superpower. You can even help others by being a good example using your superpower.

When you're ready, bring your attention back to the room. Give your body a nice big stretch as you open your eyes! You've done a wonderful job today.

