

# Meta Meditation for Kids

Say or think to yourself:



May I be loved.

May I be happy.

May I be strong.

May the special things about me, make the world a better place.

May sadness not stay long in my heart.

Next: wish the same for someone else. Someone whom you love a lot. It could be a pet, a friend, a family member, or a teacher.

So again, say or think:

May you be loved.

May you be happy.

May you be strong.

May the special things about you, make the world a better place.

May sadness not stay long in your heart.

