

4-week Loving-kindness Challenge

2020 All Ages Activity Checklist

Week One Focus: **Loving-kindness to yourself**

- Draw a picture or make of list of some things you love about yourself: inside and out. Try to draw or write about 5 things on the inside and 5 things on the outside (examples: loving physical things like your hair, smile or laugh. Loving things on the inside of you like your kindness, helpfulness, or humor.) Display this in your room to remind you everyday about the things you love about yourself.
- Make your own affirmation. Affirmations remind us of who we are and help us feel happy and confident. They are usually “I am” statements. (examples: I am thoughtful. I am kind. I am hardworking. I am doing my best.) Write your affirmation on a sticky note or piece of paper and stick it on your bathroom mirror during this challenge. Try to say this affirmation to yourself every day!
- List or draw 5 things that make you happy. See if you can bring in more happiness for you this week by inviting in more of those things that make you smile.
- We can't play hard if we don't eat healthy food, and we can't love hard if we don't feed our hearts on a regular basis, either. Read this adapted UU prayer on your own or with someone in your family at bedtime:

Dear God,

May I be kind,

Strong and brave,

Joyful, useful, loving,

Honest and healthy.

— Meg Barnhouse, used with permission, uua.org

- Ask a parent, sibling, friend, coach or teacher to tell you 3 things they love about you. Be sure to say thank you! (And maybe tell them something you love about them too).
- Take time to do your favorite activity! (Examples: read your favorite book, draw, go for a bike ride, play your favorite game, anything that you love to do!)
- Practice this loving kindness meditation. Sit in a comfortable spot, somewhere quiet and free from distraction for a moment. Read this meditation out loud in your regular speaking voice, read it again in a whisper, then read it silently in your mind. When you're done reading, close your eyes for just a few moments to sit in silence and notice anything inside your body that may feel different from when you started this exercise.

May I be happy, healthy and peaceful.

May I let go of sadness and bad feelings.

May I be free from anger.

May I be free from pain.

May I be free from difficulties.

May I be free from suffering.

May I be healthy, happy, and peaceful.

May I be filled with loving-kindness.

May I be at peace.
- Write down or draw 5 things you did well this week! Think of school, home, and extra activities you've done this week to create your list or drawing.
WAY TO GO, YOU!

Week Two Focus: **Loving-kindness** to your family

- Make a “love you” card for someone in your family. Be sure to include what you love about them and what they mean to you.
- Help out around dinner time: set the table or clear the dishes WITHOUT being asked.
- Give everyone in your family a great compliment this week! If you need to, make a check list and be sure to include everyone who lives with you.
- Read this adapted UU prayer on your own or with a family member before a meal:

Here at the table now we pray;

Keep us together day by day;

May this, our family circle be

Held fast by love and unity.

— John S. Mackey, used with permission, uua.org

- **Pick a sibling or parent to participate in the “nice challenge” with you one night. The rules are simple: be the nicest person you can be all night long!**
- **Write or draw 5 things you love about your family. Share your list/drawing with your family once it’s complete.**
- **Practice this loving kindness meditation. Sit in a comfortable spot, somewhere quiet and free from distraction for a moment. Read this meditation out loud in your regular speaking voice, read it again in a whisper, then read it silently in your mind. When you’re done reading, close your eyes for just a few moments to sit in silence and notice anything inside your body that may feel different from when you started this exercise.**
*I spread this loving-kindness out.
I send love to my family.
May they let go of sadness and bad feelings.
May they be free from anger.
May they be free from pain.
May they be free from difficulties.
May they be free from suffering.
May they be healthy, happy, and peaceful.
May they be filled with loving-kindness.
May they be at peace.*
- **Place a “home chalice” on the dinner table before you share a meal as a family. While eating, invite each person to say one thing from today that was challenging and one thing that was a success.**

Week Three Focus: *Loving-kindness* to your friends

- **Draw a picture or write a note to a friend. Include a few things about them that you love. Give this to your friend when you see them (or mail it).**
- **Why are you a good friend? Make a list of the things about YOU that make you a good friend to others. Try to list at least 5 things.**

- Call a friend you haven't seen in awhile and chat with them.
- Make a card for a friend (a get-well card, thinking of you, or a silly one). Try to make this card for a different friend you made the picture for.
- Read this adapted UU prayer by yourself or with a family member at bedtime:

Thank you for my friend next door

And my friend across the street

And please help me to be a friend

To each and every one I meet.

— Anonymous, uua.org

- Give some great compliments to your friends this week! Try to give 3 friends 3 compliments.
- Practice this loving kindness meditation. Sit in a comfortable spot, somewhere quiet and free from distraction for a moment. Read this meditation out loud in your regular speaking voice, read it again in a whisper, then read it silently in your mind. When you're done reading, close your eyes for just a few moments to sit in silence and notice anything inside your body that may feel different from when you started this exercise.

I spread this loving-kindness out.

I send love to my closest friends, to my classmates younger and older, to my teammates.

May they let go of sadness and bad feelings.

May they be free from anger.

May they be free from pain.

May they be free from difficulties.

May they be free from suffering.

May they be healthy, happy, and peaceful.

May they be filled with loving-kindness.

May they be at peace.

- Make a list of 5 things you did this week that made you a great friend.

Week Four Focus: **Loving-kindness** to your community

- Make a list or draw your different communities. Start small and expand to larger and larger communities. As you list or draw them, think about your importance to your community, and how your communities are important to you.

If you need some help thinking about what communities are, check out this YouTube video for kids on Communities: <https://www.youtube.com/watch?v=IGC0zxgRNJQ>

- Paint rocks! With the theme of love, paint one or several rocks to leave around your neighborhood or city for others in your community to find.
- Go on a walk around your neighborhood with a bag (and maybe some tongs or gloves). On your walk, pick up any trash you see on the ground and dispose of it in the proper containers.
- Read this adapted UU prayer by yourself or with a family member at bedtime or at mealtime:

Earth, who gives to us this food,
Sun, who makes it ripe and good;
Dear Earth, dear Sun, by you we live;
To you our loving thanks we give.

— Native American prayer, uua.org

- Practice this loving kindness meditation. Sit in a comfortable spot, somewhere quiet and free from distraction for a moment. Read this meditation out loud in your regular speaking voice, read it again in a whisper, then read it silently in your mind. When you're done reading, close your eyes for just a few moments to sit in silence and notice anything inside your body that may feel different from when you started this exercise.

I send love now to all the people—

Everywhere on Earth.

May they let go of sadness and bad feelings.

May they be free from anger.

May they be free from pain.

May they be free from difficulties.

May they be free from suffering.

May they be healthy, happy, and peaceful.

May they be filled with loving-kindness.

May they be at peace.

May all beings in the universe be free from suffering.

May all beings in all universes, everywhere, be free from suffering.

May all beings of all kinds, in all directions, be happy and at peace.

Above and below, near and far, high and low,

May all types of beings: humans, animals, trees, birds, anything seen or not seen...

May all beings and creatures, with no exceptions...

May they all be healthy, happy, and peaceful.

May they filled with loving-kindness.

May they be at peace.

- Make a card for someone in one of your communities. Give or mail the card to them.
- You made it!!!! Take a moment to look back on all the loving-kindness work you put in the last 4 weeks! From Martin Luther King Day to Valentine's Day, YOU made yourself and the world a more loving and kinder place.

If any kid has completed 5 activities from each week, show your checked list to Beth Green, DRE, before March to earn your prize!! You can also email your results in to DRE@asuuc.net. Have fun and know you can continue with any of these activities after the 4 week challenge to continue spreading loving-kindness.

Prayers are from: <https://www.uua.org/re/tapestry/children/signs/session4/287658.shtml>



Loving-kindness mediations were adapted from: <https://gozen.com/love/>