

# Just like me...

*A mindful practice when we don't get along with people*

*Sometimes we struggle with people we don't like. But if we want more peace and to change the energy between us, we can do this simple practice to help.*

*We realise that people seem very different, but today we'll look for things we have in common - even with those people we don't like or know very well.*

*This practice can help us feel safe and happier with people we don't connect with.*

*First we have to relax. So get comfortable and take a deep breath in and out.*

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- Close your eyes if that is comfortable. If your eyes are open, look down so you don't get distracted
- Feel your breath move through your body and see if you can imagine it filling your tummy. Do this 3 times.
- Notice how your body touches the earth - through your feet or maybe your whole body.
- Imagine your body getting heavier and more relaxed each time you breath out.
- Go from your head to your toes - and if you notice anything is tight, imagine it become soft and loose.
- You can imagine a spotlight/the sun or your favourite colour shining on the part of your body that wants to relax.
- Now think of someone you don't know very well or who seems very different from you - even someone you don't like. When you do this, just notice if your body stops feeling relaxed - where do you feel that? (It's okay - just notice)
- Now think to yourself "this person has a body and mind just like me"

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- "This person has 2 hands, 2 arms, 2 legs and a head just like me."
  - Then think "this person has feelings and thoughts, just like me"
  - "This person can feel sad or disappointed sometimes, just like me"
  - "This person can feel angry, hurt, or confused sometimes just like me"
  - "This person likes to smile and laugh, just like me"
  - "This person can feel happy and peaceful just like me"
  - "This person wants to have good friends just like me"
  - "This person wants to be healthy and liked, just like me"
  - "This person loves to play, just like me"
  - This person wants to feel loved, just like me"
- Now for a moment just think about all the things you have in common even though you don't know or like this person.

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*Take your attention back to your body - does it feel different now - heavier or lighter? Warmer or cooler? Something else?*

*Take a moment to to send a good wish bubble to this person - and fill it with all the things you would like to have too - love, friendship, fun, play, good health and happiness.*

*Take another deep breath and as you blow out, open your eyes - and smile.*

*(We also have a recording of this meditation on our website).*

**If you want to learn how to create meditations  
like this for kids or teens -  
visit our website to find out more!**

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