

## **Recipe for Loving Kindness**

**Look without as well as within and see how your happiness can enrich your connection with others.**

**How do you connect with people around you?**

**What are the cornerstones of life that support and enrich your everyday life?**

**How do we give, how do we thank someone?**

**When do we smile or share something with others?**

**Take a few minutes to breathe.**

**Think of someone with whom you have recently met. Is there someone you would like to meet or someone with whom you have already connected who has made an impression?**

**It could be a group of people or a cause.**

**It could be a family member.**

**What would you like to say to them?**

**Using materials from the trays, create a gift that represents your feelings or gratitude towards others.**

**When you have finished, put it in your goody bag until you are ready to give it away to another person/s as a reminder of your**