

Kindness Tool Kit for APPS



Level 1 – The Basics (Session 1)

Mindfulness

Songs: *Passing Clouds* and *The Amygdala Song*

Kindness is a SUPERPOWER!

When we are in the Kindness Zone, we are using the part of our brain which helps us to:

- *Feel calm in our body and mind, be a good friend, learn better, be funnier and more creative, make good choices and feel happier*

As well as the Kindness Zone, we have a Scared/Worried Zone. As humans, we spend a lot of time in that zone. This is not our fault, it is just the way we are put together and has been important for our survival as a species. When we are in the Scared/Worried Zone we:

- *Feel stressed in our body and mind, notice our heart beats faster and our breath is shallower, find it hard to be kind to ourselves and others, can be easily overwhelmed by big feelings, can feel less connected to our friends*

The Passing Clouds song reminds us that we are bigger and more expansive than our big emotions or busy thoughts.

The busyness of the modern world means we can tend to spend too long in our Scared/Worried Zone and not enough time in our Kindness Zone. Mindfulness can help us to notice when we are stuck in our Scared/Worried Zone and then help us to move back to our Kindness Zone.

The Captain of the Scared/Worried Zone is the amygdala. The amygdala is in the limbic system in our brain. The Amygdala Song tells us more about this part of our brain. To calm our amygdala down, we can do the following:

- *Put our hands on our heart and imagine we are giving our amygdala a cuddle*
- *Ask our amygdala “what do you need right now?”*
- *Take long slow breaths to send a message to our brain that we are safe*

Managing Emotions

Song: The STOP Song

The STOP song reminds us that we can take deep breaths “in through our nose and out down to our toes” to help ourselves to deal with Big Emotions that often come up when we are in the Scared/Worried Zone.

Level 2 – Connection (Session 2)

To help us to work out which “Zone” we are in, we can take some time to notice our thoughts and maybe even ask ourselves:

- *“What FLAVOUR are my thoughts?”*

Thoughts are either from the Kindness Zone or the Scared/Worried Zone. Our thoughts create our feelings, so if we can catch our thoughts, we can get better at understanding our feelings.

Another trick is to notice when our minds go on “fast forward” or “rewind” – worrying about the future or feeling yucky about the past. Then we remember that we are not our thoughts and we CHOOSE to come back to the present moment and be here now!

Letting go of the thoughts and taking a big deep slow breath helps us switch on the Kindness Zone. Our bodies and minds begin to feel calm again.

Friendship

Song: The Friendship Song

Remembering our friends can help us to move from the Scared/Worried Zone to the Kindness Zone. Our hearts feel bigger and wider as our Kindness super powers get stronger.

Empathy

Song: I Wonder What it's Like 2BU

Empathy helps us to step outside our own thinking and feeling and take some time to consider how another person might be feeling – it is another short-cut to the Kindness Zone!

Gratitude

Song: The Thank You Song

Another short cut to the Kindness Zone is Gratitude! Even if we can't find anything to be grateful for, our Kindness Zone gets switched on just by looking for something.

Teeny Tiny Thank-You Exercise

- *Stop*
- *Put your hand on your heart.*
- *Look around now, wherever you are and say “thank you”, look for the smallest teeniest thing you can: “thank you shoes....thank you walls....thank you sunshine”*
- *Notice how this simple act makes your body and mind feel*

Self-Kindness

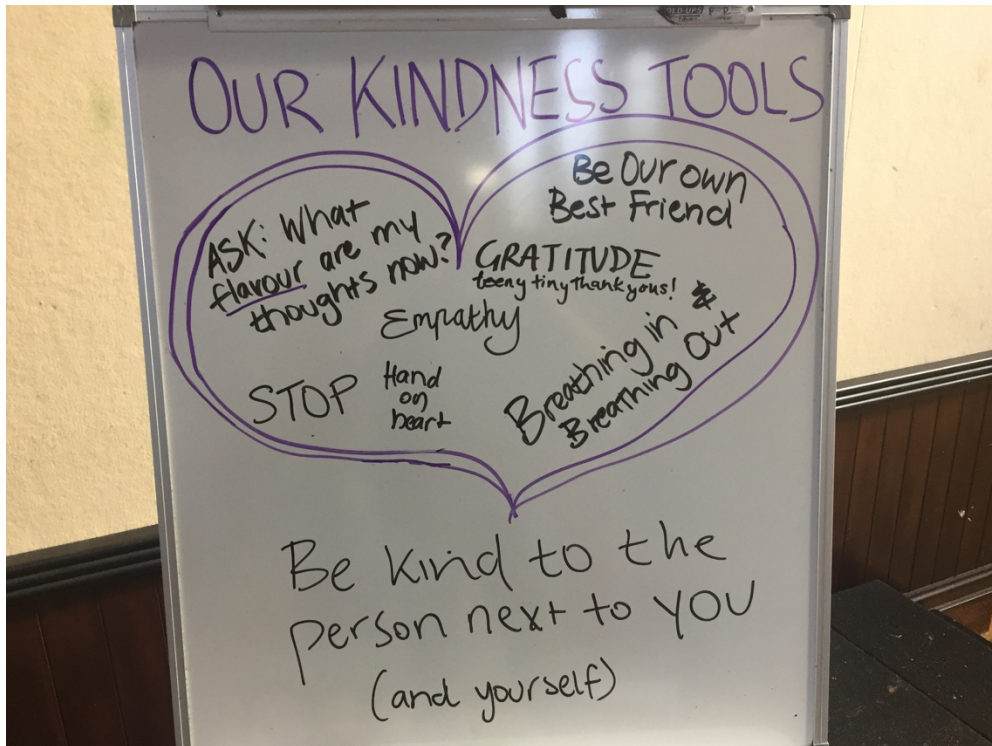
Song: *My Own Best Friend*

The same way we can comfort our friends when they feel sad, we can also comfort ourselves. We can put our hand on our heart or give ourselves a hug and even say "it's OK darling, everything will be OK". *My Own Best Friend* song explores this more.

We are all Connected

Song: *My Hand in Your Hand*

Imagine what it would be like if we were all kind JUST to the person next to us – How amazing that would be!



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