

# Loving-Kindness Meditation

## Quick Group Activity Overview

 **Estimated Time:** 5 Minutes  **Supplies:** [Loving-Kindness Meditation Slide \(PDF\)](#) 


Experience the **science-backed benefits** of Loving Kindness Meditation, a **technique proven to enhance compassion and well-being**. Try it during huddles, team meetings, or on your own as a simple mindfulness pause.

### Why try Loving-Kindness Meditation?

- May help boost compassion and empathy
- May support positive emotions and overall well-being
- May help reduce feelings of stress with regular practice

*These are based on findings from mindfulness and meditation research, though individual experiences may vary.*

### How can I lead this?

- Download the [Loving-Kindness Meditation Slide \(PDF\)](#) 
- See **page 2** for the **facilitation sheet**

### When and where should I use it?

There's no one-size-fits-all approach. Consider trying it...

#### As a Team:

- At the beginning or end of a team meeting
- Before or after a busy shift or transition
- As a recurring check-in to support team connection and psychological safety

#### As an Individual:

- After a difficult moment or interaction
- During personal transition, break, or daily reset

### Where can I go for more group wellness activities?

- [Request HealthySteps to Wellness Team Care](#) 
- For more Team well-being resources, visit [wellness.healthysteps4u.org/tools/for-your-team](https://wellness.healthysteps4u.org/tools/for-your-team) 

# Loving-Kindness Meditation

## Facilitation Sheet

 **Estimated Time:** 5 Minutes  **Supplies:** [Loving-Kindness Meditation Slide \(PDF\)](#) 

### 1. Display the [Loving-Kindness Meditation Card \(PDF\)](#)

- Show on screen or print as a handout
- Incorporate into huddles, team meetings, or individual breaks



### 2. Guide a Moment of Shared Mindfulness

This practice is flexible and completely optional. Participants are welcomed to engage in whatever way feels right- whether silently, by speaking aloud, or simply listening.

You may say:

***“Let’s take a moment to reflect using this card. You’re welcome to read along silently or aloud, or simply listen. Feel free to place your hand on your heart or sit in whatever way feels grounded and relaxed.”***

Then invite participants to:

- **Follow along** with the phrases in all three sections
- **Engage at their own pace**—silently or aloud
- **Pause briefly** between sections to allow for reflection

### Want a Guided Version?

Try the [audio recording](#) or [full script](#) from Greater Good in Action:

[Click here](http://ggia.berkeley.edu/practice/loving_kindness_meditation) or visit [ggia.berkeley.edu/practice/loving\\_kindness\\_meditation](http://ggia.berkeley.edu/practice/loving_kindness_meditation)