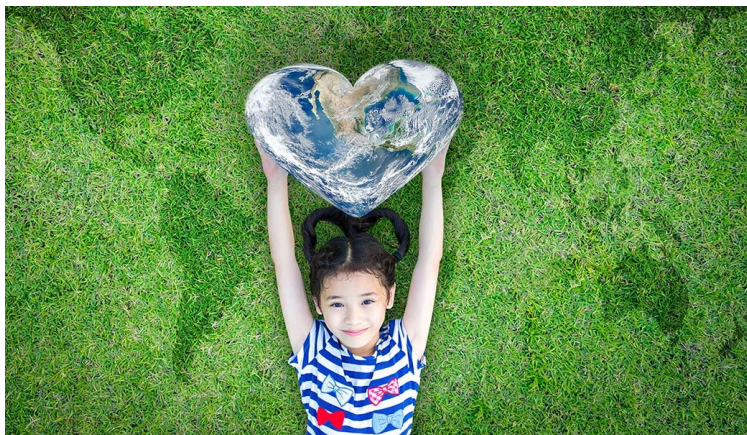


Wishes for the World

GOAL: In this kindness activity, students “fill” an imaginary ball with wishes & “send it off” to the world.



Source:  Greater Good in Education
SCIENCE-BASED PRACTICES FOR KINDER, HAPPIER SCHOOLS
Related Research: [Evidence That This Activity Works](#)

Instructions for Virtual Adaptation:

1. Schedule a time to meet with students via Zoom, Google Hangouts, or another video-conferencing service. Ask caregivers to assist and co-participate, if possible.
2. [Optional] Begin the activity with a loving-kindness meditation. [You can use this script and/or audio recording.](#)
3. Ask students:
 - What does it mean to visualize or imagine something? What are friendly wishes?
 - We are going to imagine that we're sending our friendly wishes to the world in a big, floating ball.
 - Let's start by pretending to hold the ball together. Put your hands out and help me hold the ball, like this. What does the ball look like? What color is it? Is it sparkly? Close your eyes and see if you can picture it.
 - Now, we will take turns putting our friendly wishes in the ball. Who has a friendly wish for the world? (Help children name their wishes and mime putting them in the ball.)
 - Let's count to three and then throw the ball up into the sky together: one, two, three! Wave good-bye and imagine that the ball is bringing our wishes to everyone, everywhere.
4. Close by inviting students to describe their experiences with this activity. Ask them what they noticed when they imagined sending good wishes to others.