

GUIDED MEDITATION ACTIVITY

Use this guided meditation to help others—or yourself—reflect on things in the world or your community that need to change, and focus your mind on making a difference.

Find a comfortable seat and close your eyes.

Place your hands on your belly and breathe slowly in and out through your nose.

Notice your breath and your belly moving in and out.

Now think about something you would like to help with or a change you want to see—in the world, in your neighborhood, in your school, or wherever it is. Notice any feelings that come up.

Maybe you are angry or sad or frustrated. Don't try to stop those feelings; instead, name them in your mind.

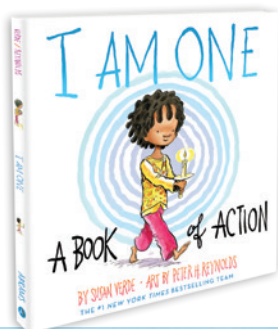
Now bring your attention back to your breath. Try to find a slow rhythm, breathing in and out, and imagine each breath filling your whole body.

As you breathe in, say to yourself, "I am strong." As you breathe out, say, "I am focused."

Repeat this a few more times. Slowly open your eyes. Notice how you feel.

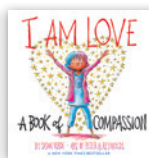
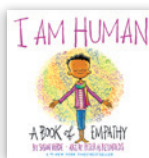
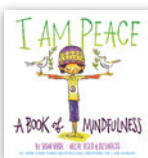
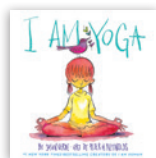


**At the end of this meditation,
write down or tell someone what came to your mind.
What did you think about that needs changing?
What feelings did you have when you thought about it?
What can you do, now that you are focused and strong—
what first step can you take—to be the one to make a difference?**



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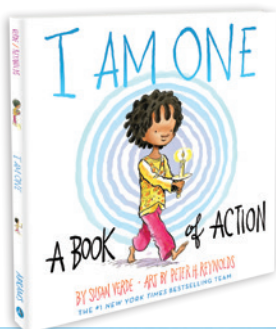
COMMUNITY ACTION BINGO

How do people make a difference in your community?

Talk to your friends, family, and neighbors to try to find people who have done the actions below in the past year, and write their names in the box.

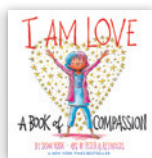
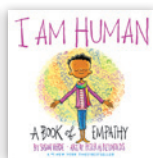
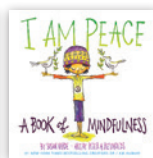
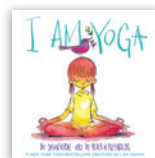
Can you fill in five squares in a row, column, or diagonal to get BINGO?

Picked up trash in their neighborhood _____	Volunteered in their community _____	Made a new friend _____	Helped a neighbor _____	Said hello to someone new _____
Played with their sibling _____	Donated food to a food bank or shelter. _____	Made someone laugh. _____	Cooked a meal for someone _____	Donated time or money to a charity _____
Voted in an election _____	Listened to a friend _____	Free Space 	Supported a local business _____	Said "I'm sorry" when they were wrong or hurtful _____
Gave someone a gift _____	Attended a protest for change _____	Thanked a helper in their community _____	Comforted someone when they were sad _____	Taught someone a new skill _____
Cared for someone when they were sick _____	Adopted a pet from a shelter _____	Donated clothes or toys to someone in need _____	Signed a petition _____	Welcomed a new person into their community _____



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