

## Start the Day with Love

Teachers often say that they think it is important but they are so tired and so busy during the day that they forget to do SSEHV. The purpose of this document is to suggest some short activities that can be done in a few minutes at the beginning of the school day, before you become too tired or too busy, and to set a positive tone for the day.

Before starting, make a list of all the challenges teachers have in the classroom (e.g. too busy, too exhausted, children we don't like, not enough time, disruptive children). Monitor any changes that happen over time.

### Activity 1: Start the day with Love

These activities can all be done in 5 minutes at the beginning of the day:

- Song: Love Love Love (to the tune of "Smile" ie "Love love love, love the whole day through. Love love love and the world is smiling too").
- Close your eyes and feel love for your teacher, friend, family at home.
- Sing an age-appropriate song about love for everyone – and love for ourselves. There are many examples available (e.g. Whitney Houston's *The Greatest Love of All*, The Beatles' *All You Need is Love*, Adam Gold's *Thank You for Being a Friend*, for young children, search for *Children's Songs about Love*". Some other examples are given below.)
- How do we feel today? [For young children, each child has a face picture on the wall, showing happy, sad, angry etc. faces. When they arrive at school they set the arrow according to their feelings. The teacher can then talk to them, eg "Sunny is feeling sad today. What can we do to help Sunny to feel happy again?"]



- Each person in the group starts with a blank sheet of paper. They write their own names at the top. Then they pass the paper to the person sitting on their right hand side. That person writes something that she admires about the person whose name is on the top of the page. Keep going until the paper comes back to the person whose name is on the top. NOTE: This is also a good activity to do with teachers in a staff meeting. In one group of teachers who did the exercise, one said, "I had no idea my colleagues appreciated me in these ways" and another said, "If my house was burning, that piece of paper would be one of the most important things I would save".
- To encourage children to express Love. To inculcate the value of gratitude and the habit of seeing good in others.
  - An attractively decorated box containing small cards with the name of each child. Note: Children can be asked to help you to prepare this box and it can be kept in the classroom for future use.
  - The children's names are placed in the box and mixed well. While

music is played, the box is passed from child to child. When the music stops the child who is holding the box draws out a name and expresses gratitude or says a good quality about the child whose name is on the slip.

- A variation: As the child says the positive comment about the classmate whose name is on the paper, s/he may give her/him a present (provided beforehand by the teacher) such as a sweet, a flower, or a card with the name of a value or a picture of a person/animal with good qualities.
- Love talk: What did we do nice for our parent or grandparent or friend today/yesterday/this week? What nice thing did we do for Mother Earth?
- Have two plants in the class. Ask the class to visualize sending loving thoughts to one of them every morning. Use the other one as a control. Compare how they grow.
- As a group of teachers, do a mind map to understand “What is Love in kindergarten/primary school/secondary school/the workplace”

### **SOME MORE EXAMPLES OF SONGS:**

#### **Love Is What You Feel**

**Written By: Unknown**  
**Copyright Unknown**

When you want to hug somebody  
Because they make you feel good  
When you fall down and somebody helps you up  
And makes you feel good  
When you really mean I'm sorry  
If you **hurt** somebody's feelings.  
Then you know that **love's** a feeling  
That's a really **good feeling** to have

Love is what you feel  
When you feel you want to sing  
Love is what you feel  
About your most **favorite things**  
Love is a feeling  
Everybody **likes** to feel  
Yes, love is  
A really good feeling to have.

When you want to touch somebody  
Because they make you feel good  
When you feel bad and somebody cheers you up  
And makes you feel good  
When people make you happy.  
When you want to share the feeling  
Then you know that love's a feeling

That's a really good feeling to have.

Love is what you feel  
When you feel you want to sing  
Love is what you feel  
About your most favorite things  
Love is a feeling  
Everybody likes to feel  
Yes, love is  
A really good feeling to have.  
Yes, love is  
A really good feeling to have.  
A really good feeling  
A really good feeling to have.

### **TO CARE TO SHARE**

To care, To Share,  
Forgiving and giving.  
Is how we should be,  
To make life worth living.

### **GIVE A LITTLE BIT OF LOVE EVERYDAY [This is to the tune of the song "If you're happy and you know it clap your hands"]**

Give a little bit of love every day,  
Then the sun will come your way.  
If we learn how to give,  
This is how we should live,  
Give a little bit of love every day.

Give a little bit of kindness every day,  
Then a smile will come your way.  
If we learn how to give, this is how we should live.  
Give a little bit of kindness every day.

### **Love all, serve all (See the link to Songs on this website)**

Love all, serve all,  
Understand that love and peace is what we need,  
Love all, serve all,  
In every single thought word and deed.

### **Start the day with love**

Start the day with love

Fill the day with love

End the day with love, sweet love

This is how to be happy

### Activity 2: Silent sitting/visualisation

We can use silent sitting/visualisation to help change children and we can also use it to make our own lives easier. The following are some visualisations that can be used to start the day.

Example 1:

#### **Love and Peace**

*As you listen to the music imagine you are strolling on the seashore. It is very beautiful and you feel happy and contented. Look at the waves as they gently lap against the beach. Everything around you is beautiful. Look at yourself – inside, you are beautiful too. You are lovable and beautiful and so are the others around you. Seeing this you feel happy and you send out silent messages of love and peace...out across the sea...out across the world...to everything... to everyone.*

Example 2:

#### **Resolving violence in thought, word or deed**

*Think of a time that you regret because you were violent in thought, word or deed....See yourself doing that action....See the consequences of your action for the other people....And for yourself.... Silently say sorry to everyone involved, including yourself, for all the hurt you caused....Feel yourself surrounded with love and forgiveness....Imagine yourself acting differently in this situation, so that no one, including yourself, is hurt....Think of a time when you did something to reduce conflict....or stop something hurtful happening....or imagine something you would like to have done....See yourself doing it....Feel the pleasure of achievement....Imagine goodness spreading out from your action like ripples in a pond.*

(from Alderman, 1996, p.205)

Example 3:

#### **Getting in touch with your true self (to be used on a daily basis)**

*(Begin with a few slow, deep breaths to encourage relaxation). Take your concentration deep inside your chest. Hidden there is your true self. This is the part of you that knows no fear and is always courageous. It is the part of you that never knows loneliness because it always knows love. It is the part that knows no attachments to external things because it is always*

*complete within itself. Hold your attention on that deep, inner part of yourself and imagine that a beam of light is shining down through the top of your head onto that spot. Continue to allow the beam to pour onto that spot. Watch as the light touches your inner self and allows it to expand, like a flower opening. As the flower unfolds, your inner self grows and grows, larger and stronger, until it fills your whole body, and your mind and your emotions with an intense feeling of peace and love. This is the time when you can trust yourself the most, to make the best decisions, and to have your own strength and completeness. Open your eyes slowly in your own time, and appreciate the inner strength you have unlocked.*

Example 4:

### **Opening the heart connection**

*As usual, take some deep, slow breaths and feel yourself relaxing. Imagine you are looking at your own heart. What does it look like? What colour/colours is it? How big is it? Is it plump and happy looking, or is a part of it shriveled up or wrinkled? What kinds of feelings come up in it when you think about your friends your classmates and schoolmates, your family and relatives, and people who you don't know?*

*Now, think about using your heart for its main purpose, which is to pump out Love, first into your own body and then into other people'. Imagine your heart filling up with loving thoughts and feelings, until it is plump, brightly coloured and full. Watch as it starts to overflow so that the feelings and thoughts of Love start to flow over into your veins and arteries until it is flowing freely through your whole body. After that, allow it to flow from your heart towards the other people in the room. Try to keep the habit of doing this all through the day.*

Example 5

*Imagine that there is a light in front of us. If this is difficult to imagine we may light a lamp or a candle and place it in front of us, then open our eyes and look at the flame for a short while. Then we should close our eyes and try to visualise this light. Now, using your imagination, bring this light to the forehead and into the head. Let the head be filled with light. Then think, "Whenever there is light, darkness cannot be present. I will think only good thoughts". Now bring the light to the area near the heart and imagine that there is a flowerbud there. When the light reaches the bud imagine that it blossoms into a beautiful flower, fresh and pure: "My heart is also pure and full of love". Now let the light travel down the two arms to the hands. Let these hands be filled with light: "Let me do only good things and serve all". Now the light is moved through the body and down the legs to the feet: "Let me walk straight to my destination, let me walk only to good places and to meet with good people". Now bring the light up to the head once again and leave it there for a little while. Now continue to move the light to the eyes and let our eyes be filled with light. Again concentrating on the light, think "Let me see the good in all things". Slowly move the light to the ears. Let the ears be filled with light and think, "Let me only hear good things". From the ears we move the light to the mouth and tongue. "Let me speak only the Truth, and only what is useful and necessary". Now imagine the light is radiating from your being to surround your mother and father. They are now full of light. "May my mother and father be filled with peace." Now radiate the light to your teachers and send it out to your relatives and friends, and especially to any people who you think are being unkind to you. Let it expand out into the whole world to all beings, animals and plants everywhere. "Let the world be filled with light; let the world be filled with love; let the world be filled with peace". Remain immersed in this*

*light and send it out to every corner of the universe and think to yourself, “I am in the light... the light is in me... I AM THE LIGHT”... Then take the light back to your heart and let it remain there for the rest of the day.*

**The following are examples of visualisations for teachers to do for themselves before starting classes in the morning. They can be done either on an individual basis or with a group of colleagues.**

Example 1:

*It can be helpful if you can get into the habit of doing this visualization every morning before school, and at least once during the day to retain the momentum that it generates. It only needs to take a few minutes.*

*Close your eyes, and take 3 slow, deep breaths. On each outward breath feel yourself relaxing more and more. Take your attention to the classroom/s you will be working in today. If there is more than one, mentally go to each in turn. Imagine that you are painting the whole classroom with something that symbolizes peace. It might be a peaceful scene from nature or it might simply be a peaceful colour, like pink. Quickly but thoroughly mentally paint each room in the way that you think is best.*

*Next, take your attention to the pupils. Imagine your pupils sitting in the classroom/s. Focus your attention for a moment on their faces – in a split second, allow yourself to see each one as a separate and beautiful individual. Now take your attention to focus on the feeling of pure unconditional love – that is the feeling of giving without expectation to receive. You might symbolize this by a colour, by a flower, or simply by allowing yourself to feel the sensation. Or you might have another method of your own. Allow this symbol to build up, stronger and stronger, then allow it to burst so that it showers the whole room and every individual in it. See everyone surrounded by this sense of unconditional well-being, and see yourself as being the source of it throughout the whole day.*

*When you are ready, bring your awareness back to where you are now, open your eyes and go on in confidence that you have created the right energy patterns for a successful day for yourself and all your pupils.*

Example 2

*Relax your body and mind. Slowly count backwards from ten, and with each count feel yourself relaxing and letting go more and more. Let down your guard and your resistance to knowing the value of love and allow yourself to seek to find the unconditional within yourself. Imagine yourself in a place where you feel completely safe and secure.... Imagine that a small bubble of light appears before you, and grows bigger and bigger until it engulfs you. Allow yourself to feel that you have impact – let go of any conditioning you may have that you do not have any impact or that your impact is negative. Tell yourself, “I have impact” and let it be.... Now open yourself to the fact that you are worthy – not because of what you have done or who you know but because of the spark within you. Allow yourself to feel and appreciate the worth that has always been there within you.... Next open yourself to the compassion and esteem you have earned for yourself – allow the integrity, the honesty, the responsibility and the trust to come forward from within you.... Let in the security and the pleasure and the honesty and vulnerability – let it in. Let in the caring and the intimacy and the trust. Feel the security. You will not lose this love. Let it be.... Feel the tingle of confidence....the joy and*

*laughter of knowing that confidence, of holding that confidence, to honour your emotions.... allow yourself to respect these emotions.... Allow yourself to catch a glimpse of yourself as a purely, unconditionally loving being.*

### Example 3

*Imagine a bright light like the light of the sun. Take a deep breath and as you breathe in, draw the light into your head. As you breathe out release your stress and tension. Draw the light in a line from your head to your heart and let it settle there for a few moments, opening your heart like a flowerbud. Now let the light pass through your feet and your hands so they will lead you to meet with good people and do good things. Next take the light to surround your mouth and tongue so you can speak wisely and with compassion your eyes. Then take it to your eyes and let it fill your eyes so that you can see only the good qualities in your students. Let it fill your ears so you will hear the truth in what they are saying. Now bring the light to the top of your head and allow it to fill your mind with peaceful thoughts, then imagine that you are sending it to your pupils – particularly the ones who make your life difficult – your colleagues and then to the whole Universe. Say to yourself, “I am in the light. The light is in me. I am the light”. As you say this, hold your problem in the light for a few moments and trust that the illumination will bring a successful solution, and then release the problem.*

### Example 4: Visualisation for loving yourself

*This is a silent thinking to connect you to your heart – the place of unconditional love. I invite you to close your eyes and breathe deeply... let go of your thoughts of the day, your worries, and your concerns.*

*Find the space where there is deep love within you. A love that has been there since you were born and is there for you to discover. Breathe into your heart space – the place of unconditional love. Feel your heart and breathe again into your heart space. Imagine your heart space is getting brighter and brighter, filled with a golden light. Feel love start to open in your heart. Feel the feeling of love – for a pet, animal, family member, close friend, spouse... As you feel this love while breathing into your heart, rotate this love towards yourself, loving yourself like you loved your friend or relative or animal dear to your heart. Let the golden light shine on YOURSELF. Welcome home. You have been waiting for your love for yourself – Oh how I have neglected myself! But today I honour myself and love myself. Every breath tells me how much I am loved.*

*You are here to love and this love is opened for love for self. Today I love myself. Today I honour myself. I forgive myself and tap in to my highest love. I treat myself kindly. I nurture my emotions. I fully accept who I am. I give thanks for the gift of being alive, to feel love. My heart opens. My heart expands with every breath. My love increases with every breath. It all melts away. All that doesn't serve me. I forgive myself. I allow the sun to rise in my heart and this is a new moment. I am renewed. I am fresh. I am full of unconditional love. I give myself permission to fill myself with love. I give myself permission to expand my love, to radiate love. I am here for love. I was born to love. I love myself. This world was created for me to love. Love is the way. I will follow love. I will take chances. I will cherish opportunities. I will live to love.*