

WHY WE WANT TO PRACTICE SELF-COMPASSION

What is Compassion

Compassion means caring about others and treating them with kindness. It may look like a hug or helping out a friend who may be sad.

What is Self-Compassion

Self-compassion is being kind and warm to yourself. When you make mistakes, do you speak kindly to yourself like you would a friend?

Why is it important

It is important to be aware of how we talk to ourselves and how we are feeling. Things don't always go our way and when they don't it is important that we accept our mistakes and give ourselves a hug. You can be your own best friend.



FINDING SELF-COMPASSION

Uh oh! I made a mistake!

Imagine you did something you wished you hadn't. Maybe you didn't do your homework or hurt someone's feelings. What are 3 things you tell yourself when you make a mistake.

1. _____
2. _____
3. _____

My best friend made the same mistake!

Your best buddy or someone who loves you, just came to you and said, "I am such a bad person - I forgot my homework." What 3 things would you tell your friend or loved one?

1. _____
2. _____
3. _____

Write yourself a letter!

Using the template, write yourself a letter. You can write it as if YOU are your best friend. What would a friend or someone who cares about you say to you if you made a mistake?

I am kind

I am a good listener

I care for people

I make mistakes

I am not alone

I am amazing!

I try my best

I care about others

I share

I am a good friend

**I have compassion
for me**



A LETTER TO ME

Dear _____insert name,

I understand that you are feeling (write what you say to yourself when you make mistakes)

about (write what you think you did)

You are going to get through this because you have so many strengths and they are (list you strengths)

Remember, we all make mistakes and you are doing the best you can!

With Love,

_____ (your name here)

