Being Kind to Myself

Kindness Every Day

RESPOND to the *Kind to Myself* ribbons focusing on the self-compassion statements and illustrations.

I EXPRESS MY THOUGHTS AND FEELINGS. ZACK A.





I MAKE SURE I HAVE QUIET TIME. QUINN A.

I LEARN FROM MY MISTAKES. KEDATON C.





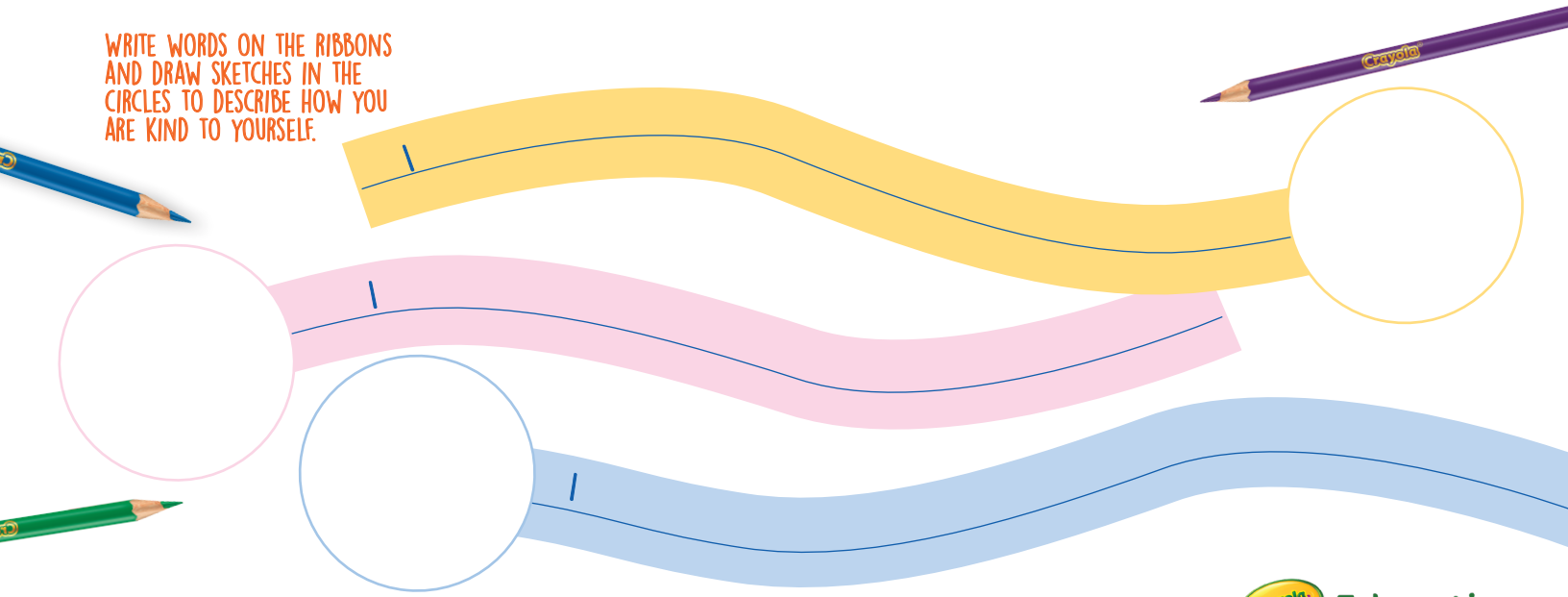
I THINK ABOUT MY STRENGTHS. HAWA C.

I TRUST MY FRIENDS. ANGELINA R.



CONNECT how being kind to yourself fosters mental and physical health. What helps you relax? What energizes you? How do you express your thoughts and feelings?

WRITE WORDS ON THE RIBBONS AND DRAW SKETCHES IN THE CIRCLES TO DESCRIBE HOW YOU ARE KIND TO YOURSELF.



Crayola Education

THINKING SHEET

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CREATE a drawing of your customized *Me Spa*, a personal space that you imagine, where you would nurture yourself through self-care, do the things you love to do, and celebrate you! It might be a quiet place where you explore outdoors, comfy pillows where you daydream or read, or a creative space where you write, draw, or sing. It could look realistic or fanciful.

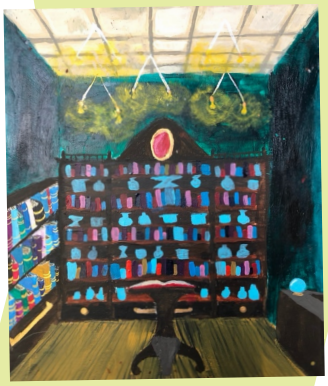
Examples of ***Me Spa*** drawings:



Elisabeth C.



Sofia T.



Brooke R.

PRESENT your self-compassion ribbons and *Me Spa* ideas to a trusted friend, real or imaginary, at school or home. Embrace this opportunity to focus on being kind to YOU. Keep your affirmation statements and *Me Spa* sketch as a special reminder to be kind to yourself.

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