

# Social and Emotional Learning (SEL)

## Self-Care: Be Kind to Yourself

**Overview:** Self-compassion is an important part of self-care. It is about treating ourselves with the same kindness that we would treat a good friend. It is about responding to our mistakes, inadequacies, and failures with compassion instead of harsh judgement. It is acknowledging that imperfection is a shared human experience. In these lessons, students learn to celebrate what they are good at, to treat themselves as a good friend, and give themselves a break.

### Objective:

The learner will recognize and reframe critical self-talk.

**Child Goals:** I can talk kindly to myself.

**Vocabulary:** criticism  
self-compassion

### Materials:

*Words of Lovingkindness* Student Resource  
*My Self-Compassion* Journal

## Learn- 10 minutes

Discuss with your learner how too much self-criticism causes stress, anxiety, feelings of inadequacy, and depression. Encourage your learner to replace self-criticism with self-compassion.

Some strategies to develop more self-compassion include:

- Change Your Perspective
- Challenge Your Stinking Thinking
- Be Kind to Yourself
- Show Yourself Lovingkindness

Use the discussion questions to help students see the importance of self-compassion and some strategies to develop more self-compassion.

Discussion Questions:

- What is self-compassion?
- How does self-compassion differ from self-criticism?
- How are you at showing yourself self-compassion? Explain.
- What are some strategies for developing more self-compassion?
  - Which of these strategies do you think is the most effective? Why?

## Practice-15 minutes

The Moment of Lovingkindness Activity challenges students to take a moment to quiet themselves and think words of kindness towards themselves.

Invite the students to get comfortable.

talk about how it feels to say loving words oneself. For most it may feel awkward, as we are not used to being kind to ourselves.

Provide each student with the Words of Lovingkindness Student Resource.

Adapted from RethinkED

## Deeper Dive – 20 minutes

The Self-Compassion Journal challenges students to practice the strategies for developing self-compassion and show themselves some kindness throughout the week.

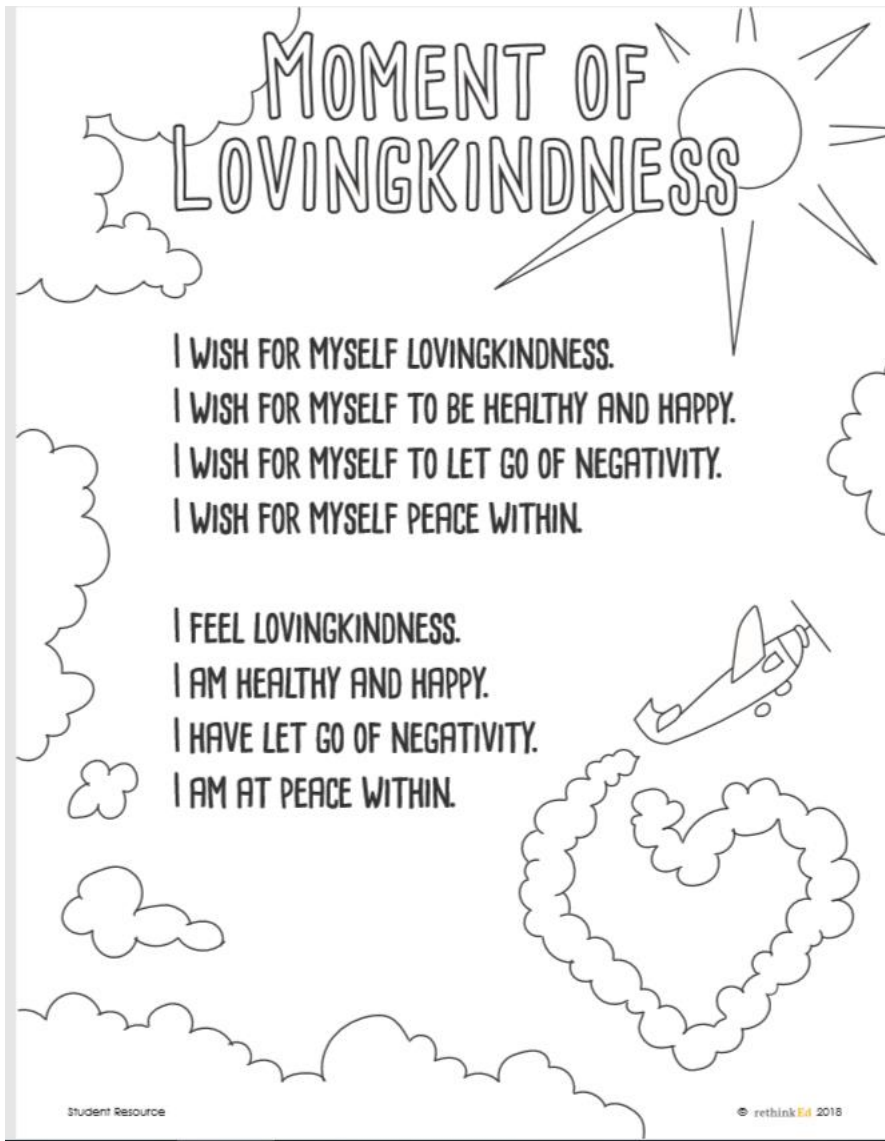
Provide each student with a Self-Compassion Journal.

For five days, schedule 5 to 10 minutes to allow students to reflect on and write about ways to show themselves some compassion.

Provide time for volunteers to share their journal entries.

Adapted from RethinkED

## Resource



## Resource

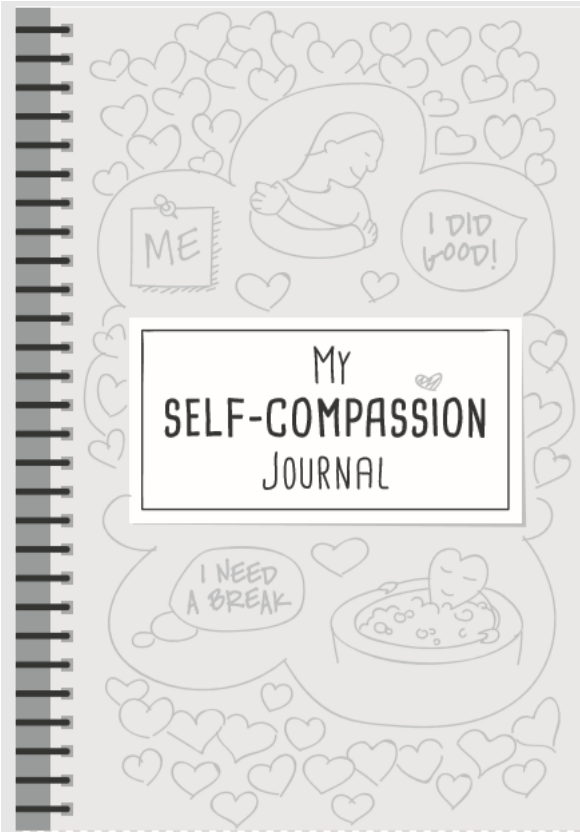
DAY 1

Describe a situation that caused you to stress.

Think:

- This is temporary.
- Everyone has stressful situations.
- I can be kind to myself.

Write something kind to yourself about the situation.



**DAY 2**

YOU ARE AMAZING YOU ARE GOOD ENOUGH YOU ARE WORTH IT BE KIND TO YOURSELF

**Write kind thoughts about yourself.**

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**DAY 3**

**Write thoughts you had about yourself today**

**Rewrite any critical thoughts through the lens of compassion.**

DAY 4

Write about something you don't like about yourself.

Write to yourself as a compassionate friend.

*You are imperfect...and beautiful.*  
- Amy Bloom

DAY 5

Write about a situation that made you sad, upset, frustrated, or embarrassed.

Write kind words about yourself.

*It's okay to not be okay.*

## Helpful Tips:

Prior to the lesson, introduce the vocabulary words criticism and compassion. Talk about the importance of showing oneself self-compassion.

Consider providing the student with access to watching the video independently on a tablet, computer, or smartphone.

Prior to the activity, show the student the Words of Lovingkindness Student Resource. Talk about each of the statements.

Talk with the student prior to the journaling time about how he or she is feeling. Based on the student's responses, suggest something he or she can write in his or her journal.

Encourage the student to use words and drawings to respond to the journal prompts.