

TALK TO YOURSELF LIKE YOU WOULD TALK TO A FRIEND

A Self-Compassion Activity

It's important to be kind to yourself, just like you would be kind to a friend. Talking to ourselves in a friendly and encouraging way makes us feel better and helps us be more confident. It's like having a personal cheerleader inside our heads, helping us through tough times. So, just like you wouldn't say mean things to your friend, it's good to be gentle and encouraging when talking to yourself, too!



How to Make

- 1 **Print** pages 2 and 3. Glue or tape the two pages together.
- 2 **Follow** the directions on each page. Write to yourself on the top page, and then write to a friend on the bottom.
- 3 **Caregivers and educators**, use pages 4 and 5 to guide a discussion with your child about how positive self-talk can affect our self-esteem.



What would you say to **YOURSELF** if...?

You made a mistake in front of everyone.

Something was easy for everyone else but too challenging for you.

You accidentally broke something valuable.

You're not sure about the way you look.

**TALK TO
YOURSELF
LIKE YOU**

You practised a lot and lost anyway.

WOULD TALK TO A FRIEND

They made a mistake in front of everyone.

Something was easy for everyone else but was too challenging for them.

They broke something valuable.

They aren't sure about the way they look.

They practised a lot and lost anyway.

What would you say to a FRIEND if...?

Reflecting on Self-compassion

Take a moment to reflect on your inner cheerleader.

The biggest difference between the top and bottom of my mirror is...

One person I know who is kind to others AND themselves is:

It's most challenging to be kind to myself when...

One way I could begin treating myself with more kindness is...

My Self-Compassion Plan

From now on I will practise...

Saying positive things about me

Appreciating my unique qualities

Celebrating my proud moments

Noticing my strengths

Encouraging myself
