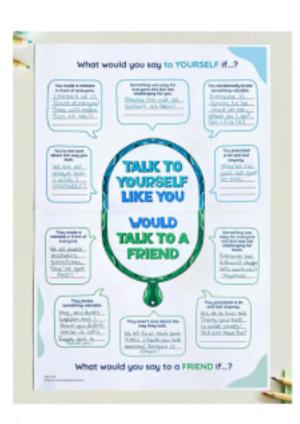
TALK TO YOURSELF LIKE YOU WOULD TALK TO A FRIEND

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

- 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.
- 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.

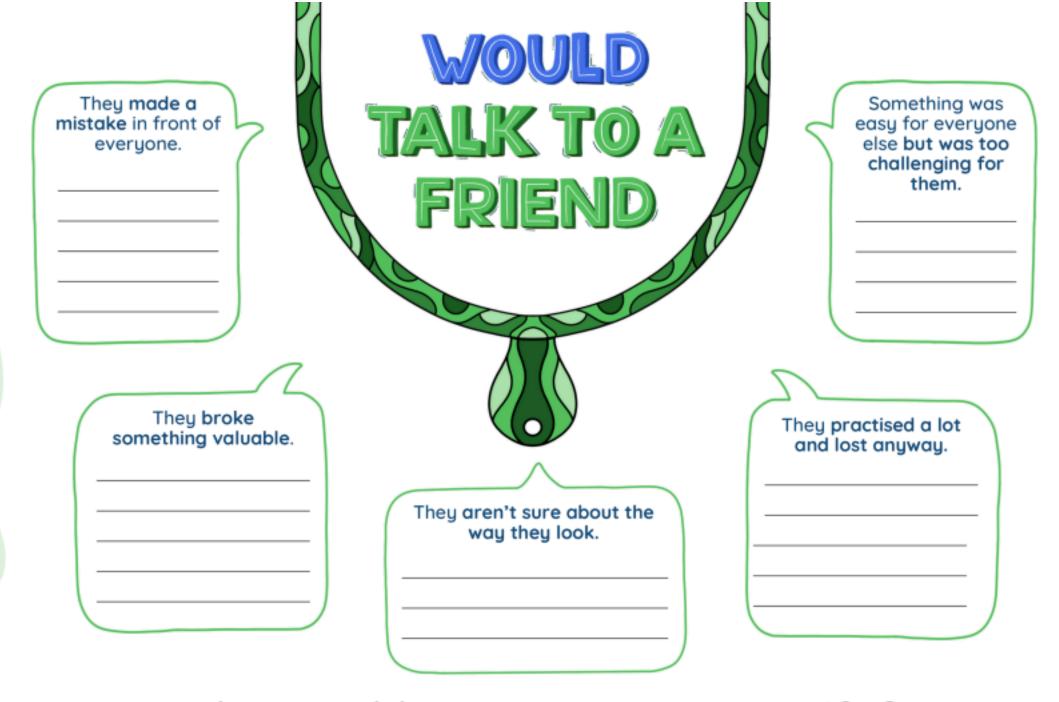






What would you say to YOURSELF if ...?

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	You practised a lot and lost anyway.
	YOURSELF	
	LIKE YOU	



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

Reflecting on Self-compassion

Take a moment to reflect on your inner cheerleader.

The biggest difference betwe bottom of my mirror is	en the top and	\	est challenging to be kind self when
One person I know who is others AND themselves is:			could begin treating myself kindness is
	My Self-Com	passion Plan	
	From now on	I will practise	
Saying positive things about me	Appreciating my unique qualities		Celebrating my proud moments
Noticing my strengths	Encouraging m	nyself	