



# Being Kind to Yourself



4 questions to get started:



When you feel bad about yourself, what's something that makes you feel better?



Who is someone you can talk to when you're feeling bad about yourself?



When you make a mistake, do you talk to yourself the way that you'd talk to a friend who just made a mistake? Why?



If your friend is talking poorly about themselves, what would you say to them to help remind them of how great they are?

What can you say to yourself when you notice you're talking to yourself and using unkind words? Write down a few ideas.

What will you do to be kind to yourself? **Write or draw some of your favorite activities below.** Try to think of at least 2 or 3 that can be done in just a few minutes. **Circle the activities that you will try this week!**

