

Be kind to yourself

We can sometimes be the most unkind to ourselves! That's not ok! Here are some ways you can be kind to yourself today!

Be kind to your body. Eating healthy foods, like fruits and veggies, and being active by riding bikes, kicking a ball or playing on the playground are all ways to show our bodies kindness. Getting lots of sleep is important too.



Take time out. It's ok to feel sad, cross, upset at times, but time can be a great healer. Try moving away from a situation that feels uncomfortable and giving yourself time and space to think about how you feel and why you feel it.

Encourage yourself. Go me! It can be easy to say unkind things about ourselves when we make a mistake or do not do well on a test. Instead, try saying encouraging things like "At least I won't make that mistake again!" or "I just need to keep practicing and I'll be better every time."



Ask for help. Never be afraid to ask for help! It's a scary thing to do sometimes but it's also very brave and people are so willing to help you. As Charlie Mackasay said "Asking for help isn't giving up - it's refusing to give up."

Don't say anything to yourself you wouldn't say to a friend. Remember 'do to others what you'd like them to do to you? Well, try this rule to make sure you treat yourself as kindly as you do others. It's just as important!

