

I'M KIND TO ME TOO

Did you know we need to be kind to ourselves?

It sounds a bit silly, but it's important and
there's lots of ways we can do it!

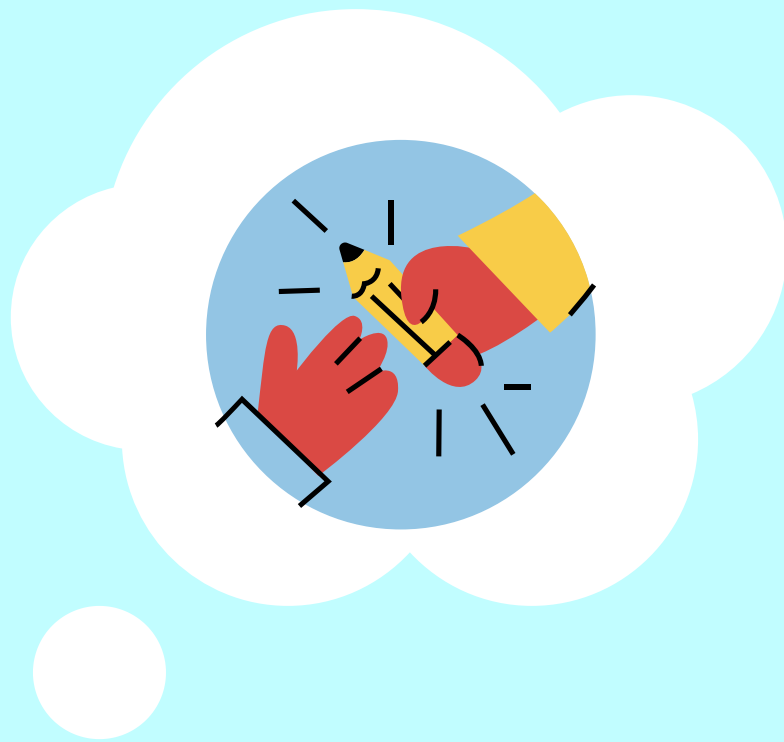


Today you will need:

- paper
- pencil



Have a think about what you do to be kind to other people.



Can you do any of those things for yourself?

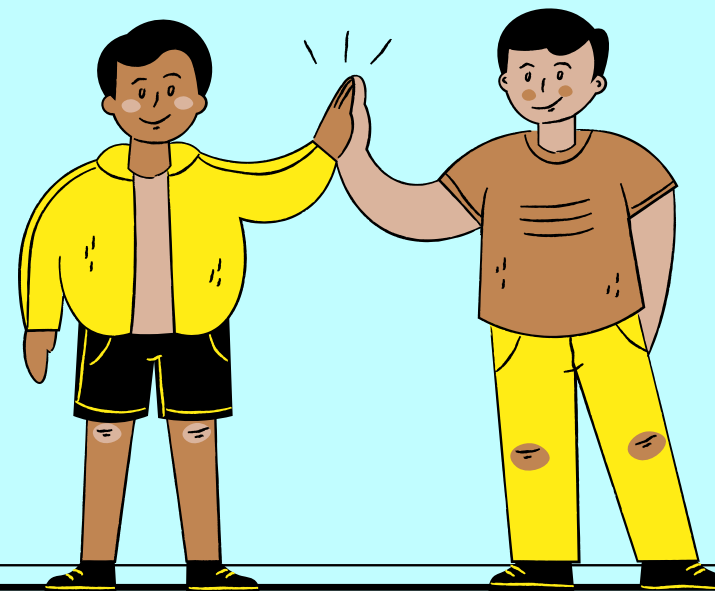


Here are some things I do to be kind to me!

I eat healthy food.

I make good choices.

I make good friends.



I am brave.

I get enough sleep.

I make time to have fun.



It's hard to be kind to ourselves sometimes, but it's great
when we are!



Remember to show an adult what you have written down.



WORRIED? WE'RE HERE TO LISTEN

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