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Week 7 Kindness starts with me

#mindfulmonday

Teacher/ELSA Ideas/suggestions



During circle-time, explain how being kind to yourself is like treating yourself like a good friend. Think about how you would react to a friend who is struggling or upset. How would you treat them? What would you do? How would you be kind to them? Now think about how you can treat yourself like that when you are feeling upset, sad or are struggling in some way. Some ideas might be to 'accept how you are feeling', 'self talk which means you talk positively to yourself', 'Reassure yourself', 'Tell yourself that mistakes are ok and you don't need to be perfect', 'Give yourself a break', or just treat yourself to something nice. You might want to give the vocabulary of 'self-compassion' to older pupils. Ask pupils to talk in pairs on ways to show themselves kindness. Feed back to the group and then create a huge list of ideas.



Writing a letter or card to yourself is empowering and a way of showing yourself compassion or kindness. Ask the pupils to write a letter to themselves showing compassion for any difficulties they may be having.



Read and display the words by 'Isabel Brooks'. Discuss what each line means with the pupils. Read this to them during relaxation sessions. See if they can memorise the words and repeat them often to themselves.



Make a class board on 'forgiveness' where pupils can add messages to themselves to remind themselves how mistakes are ok. You could cut out some hearts for them to write on. The message could be 'I forgive myself for... and they can write their mistake.



Affirmations are incredibly powerful, have a mirror up in the classroom and demonstrate how you can look in the mirror and tell yourself something positive each day. 'I am powerful', 'I am brave', 'I am amazing' and so on. You could write messages around the mirror for prompts.



'I am special because...' jar. Decorate a jar for the classroom where pupils can remind themselves how special they are. They can fill in a slip and add it to the jar.



For older pupils introduce a 'contemplation diary' where they can write 3 things that have gone well that day.



Introduce the worksheet and list(if appropriate). This week encourage pupils to think about ways to be kind to themselves. They can write a list as they go and fill in the 'heart' worksheet at the end of the week.

Week 7

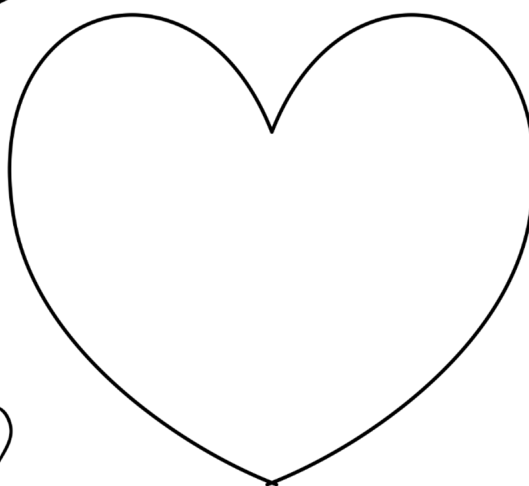
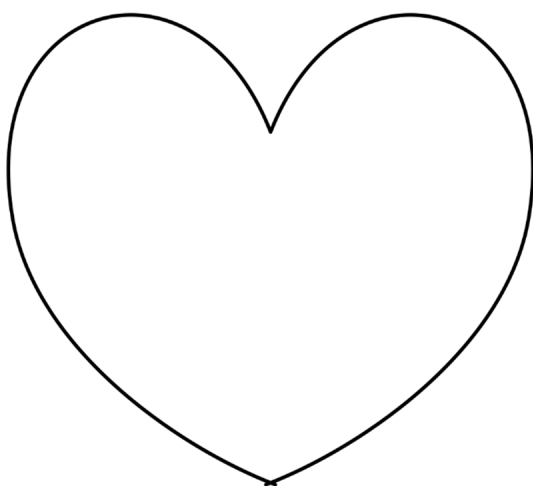
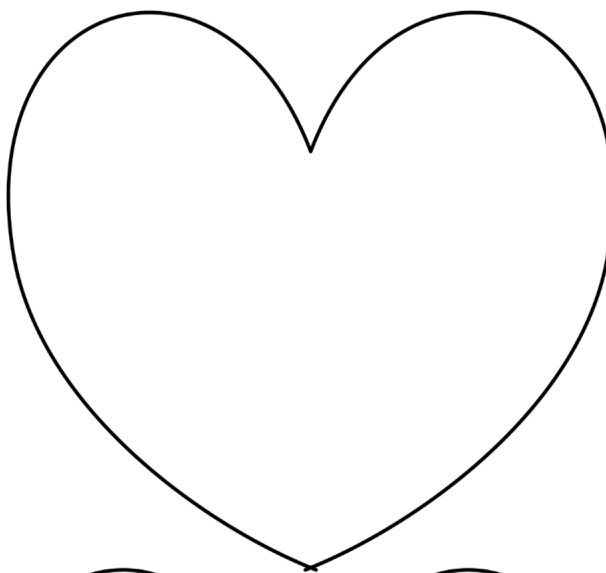
Kindness starts with me



How can you be kind to yourself this week?

#mindfulmonday

KINDNESS



Name

Week 7

Kindness starts with me



This week is about kindness. Kindness to yourself. What sort of things can you do this week to be kind to yourself? Make a list and then fill in your 'Kindness starts with me' worksheet.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Name





♡ Being kind to me ♡

I am enough as I am.

I will give myself time to think.

I have a space to sit and a space to
breathe.

When there's a thing in my way, I'll go
around it.



I look for beauty everywhere.



Sometimes I might want to drop
things, just like trees in Winter.

I can walk away from bad ideas anytime
and run into the good.

Words by Isabel Brooks



Name

 congratulations 

AWESOME On completing the **WOW**

**Kindness starts with me
Challenge**

Presented to:

Signed: Date:



 congratulations 

AWESOME On completing the **WOW**

**Kindness starts with me
Challenge**

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