Self-Compassion SEL Lesson

Week 2

Hello!

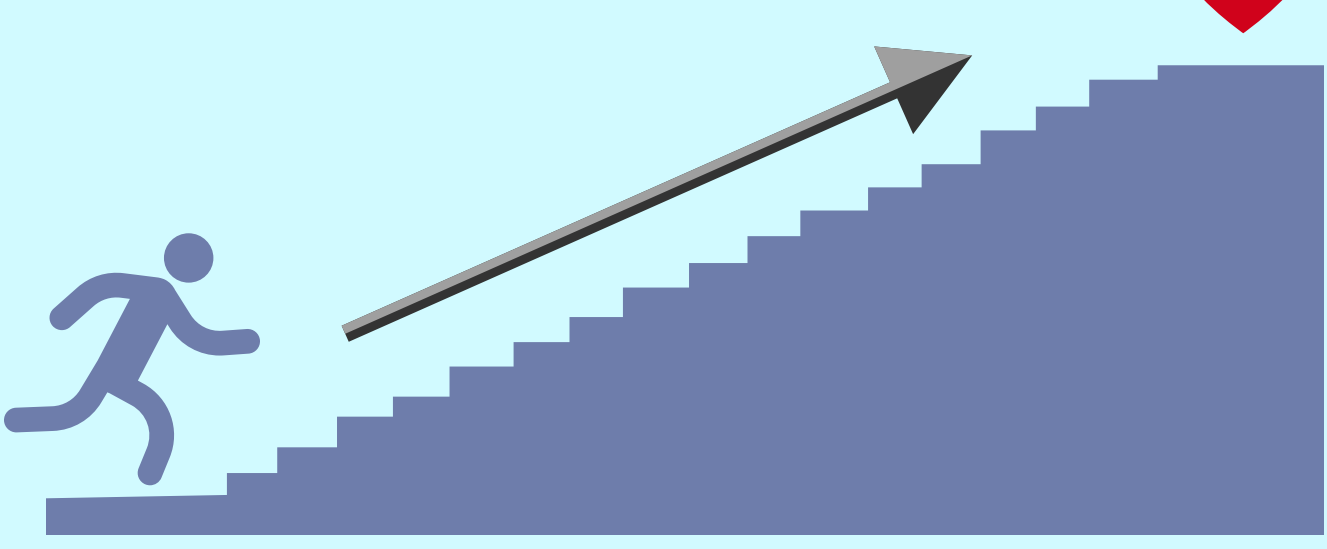
Hello students and families!

For this week's mindfulness and social-emotional materials, we are focusing on self-compassion. In stressful times, we sometimes can blame ourselves or say negative things about ourselves. Sometimes we get stuck in a mindset that we aren't doing enough. These activities are focused on being kind to ourselves, seeing the best in ourselves, and forgiving ourselves.

Sincerely,
The Wellbeing Team

For this activity, take a few minutes to think about all of the things that you love about you. This might be hard to do at first, but keep trying! Challenge yourself to think of as many things as you can!

On a scale of 1- 5, what did it feel like to write things you like about yourself?



How Would You Treat a Friend?

Think about a person you are good friends with. Has there ever been a time where a close friend felt badly or was struggling with something? Think about how you have responded when your friend felt this way.

Please write (or record yourself speaking) how you would normally respond to a friend. What might you do or say? What is your tone of voice?