

BE KIND *to* YOURSELF

Celebrating Kindness

"A kinder world starts with you."

Do you notice when you feel comfortable, relaxed, or proud?

What experiences make you feel less settled?

Being kind to yourself can help you feel great! This means tending to your physical needs, such as getting enough sleep, outdoor play, and healthy food, as well as taking care of your emotional health.



RESPOND with kindness. Imagine that you are meeting yourself for the first time. Look at yourself the way someone who does not know you might. Explore what others see when they first meet you. Listen to what your posture and body language say:

- Where and how are you sitting or standing? Are you in a cozy chair at home? A formal seat at school? Hanging out in a park? Alone or with others?
- What facial expressions are you wearing? Do your eyes look excited, happy, worried, or curious?
- How would you introduce yourself? What introductory comments would show your interests and personality?
- What nice things would you say to the you you've just met?



CREATE a **Kindness Poster** to remind yourself to be kind to this special person: YOU! Choose a moment from your imaginary meeting with yourself. What words can you add to your poster to show how you are kind to yourself? What would make you feel cared for and supported? Use either a realistic or symbolic art style to portray kind emotions, expressions, feelings, and words.



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SKETCH A DRAFT OF THE POSTER YOU WILL CREATE.



PRESENT



PRESENT your poster to friends and family. Discuss the “imagine” exercise that inspired this work and ask them to imagine they met themselves for the first time. Ask everyone to consider how an act of self-kindness can be thinking about your personal strengths. Display your poster as a reminder to be kind to this special person: YOU!

CONNECT



CONNECT your personal strengths to how you can be kind to others. How do you make others feel special and brighten their day? Do you have a serious side and enjoy sharing important thoughts with close friends? What are your problem-solver superpowers? How can you help others find their strengths and interests? How can you connect with people who may be like-minded and others who may not share your points of view?