

Dear Families/Caregivers,

Self-compassion is an important part of self-care. It is about treating ourselves with the same kindness that we would treat a good friend. It is about responding to our mistakes, inadequacies, and failures with compassion instead of criticism. It is acknowledging that imperfection is a shared human experience.

In this lesson, students were encouraged to be kind to themselves and look at what they can do, instead of feeling bad about what they can't do.

Here are some things you can do to help your child be more self-compassionate:

- Model self-compassion for yourself. Give yourself a break! Be kind to yourself and take time to do something that you enjoy!
- Talk with your child about what he or she is good at. Calling attention to your child's strengths will help him or her build those strengths, as well as use those strengths to build new skills.
- When your child is struggling with a task, encourage him or her to take a break and do something he or she enjoys. Then he or she can return to the task with renewed energy and a more positive outlook.
- When you hear your child use negative talk about him or herself or a situation, encourage him or her to turn the negative talk to positive talk.

Sincerely,

Your Child's Teacher