

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 develop self-compassion by feeling happy about themselves. Students can feel good by being happy about how they look, what they can do, and what they are good at.

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

- Model self-compassion for yourself. Model saying kind things to and about yourself and celebrate the things that you like about yourself.
- Talk with your child about what he or she is good at. Set aside time each day to help your child identify things that make him or her happy about him or herself.
- When your child is struggling with a task, or feeling frustrated with him or herself, encourage him or her to take a break and do something he or she enjoys. By focusing on what makes him or her happy, your child 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