

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 identifying what they like about themselves. Students can cultivate self-compassion by thinking about what they are good at, what others say about them, and what makes them feel proud.

Here are some things you can do to help your child to develop self-compassion:

- Model self-compassion for yourself. Talk openly about the things that you like about yourself and things that you are proud of.
- Talk with your child about what he or she is good at. Set aside time each day to help your child identify things that he or she is good at or what makes them feel proud. Consider creating a self-compassion journal for your child to collect these positive thoughts about him or herself.
- When your child is struggling with a task, or feeling frustrated with him or herself, encourage him or her to think about what others have said about him or herself. By focusing on what others think about him or herself, your child can return to the task with renewed energy and a more positive outlook.

Sincerely,

Your Child's Teacher