

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 reframing their mistakes as proof that they are learning. Students are encouraged to give themselves a break and try again if they make a mistake or if something is hard to do.

Here are some things you can do to help your child reframe his or her mistakes:

- Model self-compassion for yourself. When you make mistakes or are frustrated with yourself, take a break and then try again. Show your child that mistakes aren't a reason to quit!
- 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 look back on when he or she makes mistakes or experiences setbacks.
- When your child is struggling with a task, or feeling frustrated with him or herself, encourage him or her to take a break and then try again.
- Celebrate your child's mistakes as opportunities for growth! Let your child know that mistakes are a sign of learning.

Sincerely,

Your Child's Teacher