

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 being kind to themselves. Ways to build self-compassion include:

- Notice your feelings.
- Listen to your feelings.
- Treat yourself with kindness.
- Wish good things for yourself.

Here are some things you can do to help your child be kind to him or herself:

- Model self-compassion for yourself. When you make mistakes or are frustrated with yourself, stop and notice how you are feeling. Take time to share with your child how you treat yourself with kindness in moments of frustration.
- When your child is struggling with a task, or feeling frustrated with him or herself, encourage him or her to pause and express how he or she is feeling. Then work together to identify ways he or she could be kind to him or herself before your child tries again.
- Create a self-compassion practice as part of your daily rituals with your child. Set aside time each day to help your child pause and treat him or herself with kindness.

Sincerely,

Your Child's Teacher