

# Being kind to myself

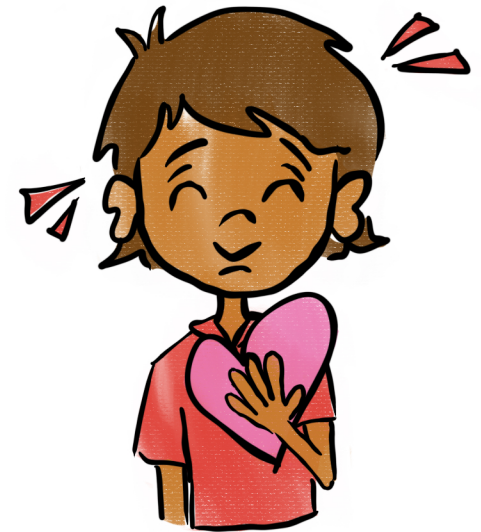
Kaiako card 23

## Why this activity?

Self-kindness is crucial for nurturing a positive relationship with ourselves and fostering overall wellbeing. By practicing self-kindness, individuals learn to treat themselves with compassion, understanding, and acceptance, reducing self-criticism and feelings of inadequacy.

## You'll need:

The Being kind to myself worksheet - one for each of your ākongā



## What to do:

Lead a kōrero with your tamariki about self kindness. You might use some of these pātai as prompts:

- What is self kindness?
- Why is self kindness as important as kindness towards others?
- In what ways aren't we kind to ourselves? (don't allow ourselves to make mistakes, say mean things to ourselves, sometimes genuinely think we're bad or stupid)
- What do your friends and whānau say to you when you mess up, compared to what you say to yourself? Why do you think this is? (it's normal to have a negative inner voice sometimes - gives us motivation to try harder).
- How might our negative self talk get in the way sometimes?
- How might we change this? (catch yourself, look for evidence, actively change the channel and say something kinder)

After this kōrero gives tamariki time with the Being kind to myself worksheet to reflect further and think about how we're kind to ourselves.