

# Being kind to ourselves

20 mins

KS 1/2

An activity that teaches children about self-care & compassion.

## What you will need

Heart templates

## Method

- Explain that the activity involves thinking about looking after ourselves, not just physically but looking after our emotional well-being too. Emphasise how important it is to be kind to ourselves.
- Illustrate the point by saying, 'What if two children got exactly the same bike for Christmas. The first child really looked after their bike and the second one didn't. After a few months would you be able to see which bike had been looked after? The consensus should be that you can tell.'
- Draw the comparison with looking after yourself, how can you look after yourself?
- How can we be kind to ourselves?
- Ask the children to write or draw their ideas on the hearts. Examples below:

Eating the right food	Working/keeping active	Keeping yourself clean
Exercising	Sharing/Caring	Sleeping/resting
Playing/having fun	Being positive/happy	Try to stay awake from cigarette smoke
Give yourself a pat on the back	Do things that make you happy	Talk to friends

- Make a display of the ideas the children come up with. Emphasise that many different things are important. They make you feel good and so make you feel happy in your own skin/body. Stressing out about the way you look or wanting to look like someone else is not going to help you feel good.



