



Lesson 9

Be A Good Friend To Yourself



How R U?



NOT OK



OK



Be
Active



Connect



Give



Learn



Take
notice





Learning Intentions

To understand what it means to be kind to yourself.

To understand why being kind to yourself is important for your wellbeing.

To learn what you can do to be kind to yourself.



What makes a good friend?





Being kind to yourself means being **a good friend** to yourself.

Being **a good friend** to yourself is important for good wellbeing.



What does it mean to be a good friend to yourself?





Don't Forget Yourself!

It can be harder to be kind to yourself than to be kind to someone else.

Do you give yourself a hard time if you get something wrong?

Do you spend lots of time thinking about the things you don't like about yourself?





Give Yourself A Break!

Every single person has things they are good at and things they find more difficult.

We all make mistakes sometimes. It is ok to make mistakes.





Give Yourself A Break!

If you are finding something difficult, you can practise being kind to yourself.



What would you say to a friend?



What would you say to a friend?

Example

Your friend is finding maths really tricky and thinks that everyone else finds it easy.

What would you say?

Your friend made a mistake during a football match against another school. He feels really embarrassed.

Your friend does not have the brand of trainers that everyone wants at the moment.

What can you do to be a good friend to yourself?





Be a Good Friend to Yourself



- Remind yourself that everyone makes mistakes
- Pay attention to your strengths: write these down & put them somewhere you can see them
- Start the day with a smile to yourself in a mirror
- Give yourself compliments
- Remind yourself of times when you've felt proud



Be A Good Friend To Yourself

It is important to be kind to yourself, especially if you have had a difficult day.

- Saying something nice to yourself can help when things feel difficult. Write down 3 nice things that you can tell yourself. These might be reminders of your strengths, compliments you can give yourself or just a way of being kind.

1. _____
2. _____
3. _____

Practise saying these to yourself over the next few days.

How did it feel to be kind to yourself?
