

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 learning to see themselves as compassionate friends. Compassion means to see a hurt, wanting to help, and doing something to help. Students can be their own compassionate friend by:

- Recognizing when they are hurting.
- Caring enough about themselves to want to stop hurting.
- Doing something to help themselves feel better.

Here are some things you can do to help your child be a compassionate friend:

- Model self-compassion for yourself. When you notice that you are hurting, take time to do something to make yourself feel better. Take time to share with your child how you treat yourself with kindness in moments of pain.
- When your child is hurting or feeling frustrated with him or herself, encourage him or her to pause and recognize how he or she is feeling. Then work together to identify something he or she could do to help him or herself feel better.
- When your child notices that his or her friend is hurting, encourage your child to think of ways to help his or her friend feel better!

Sincerely,

Your Child's Teacher