

SELF KINDNESS TIPS

When we think about being kind, we often think about helping others. But being kind to ourselves is just as important. When we're kind to ourselves, it helps us to feel happier, and when we're happier, we're more likely to be kind to others. So by being kind to yourself, it's actually helping everyone!

Some ways to be kind to yourself (these are just a few ideas...see if you can come up with some as well).

Have a good night's sleep.

Spend some time doing something you enjoy.

Look after yourself by eating some healthy food and doing some exercise to stay fit and strong.

Make a list of five things you love about yourself.