

Be Kind to Yourself

We often consider how our behaviour can affect others and how we can be kind to other people, but have you ever thought about how you can be kind to yourself?

Using the hearts below, write down some of the things you can do to be kind to yourself. There are a few ideas to help you.

Once you have finished, think about ways you can carry out these ideas.

Drink plenty of water

Choose kind friends

Find time to relax

Eat healthily

Be positive

Laugh

