

TAKE A SELF-COMPASSION BREAK

GRATITUDE AND HOPE

Thank you for downloading this free resource! While compassion is a commonly shared goal for most of us, self-compassion is far too often forgotten! I feel hopeful that this resource will help you nurture compassionate feelings toward yourself, and help your students do the same for themselves. You'll have ideas to get you started and mini cards to remind you to practice this regularly. I hope you and your students experience the many benefits of self-compassion!

ABOUT CONSTANT LOVE AND LEARNING

Katie Raheer, PhD, PPS, is a teacher turned School Psychologist and educational consultant/coach/entrepreneur, as well as a well-being warrior, Kimochis® Certified Trainer, and lover of learning. She started Constant Love and Learning to bring more positive feelings to schools through educator well-being, social and emotional learning, and other effective educational practices and systems. If you have other ideas for resources you'd like to nurture the well-being of you and your students, you can connect via katie@constantloveandlearning.com.

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When you make a mistake, fail, notice something you don't like about yourself, or are having a hard time...

TAKE A SELF-COMPASSION BREAK

NOTICE & NAME THE SUFFERING

I'm having a hard time.
I'm feeling _____.
Ouch.
I'm struggling.
This is a moment of suffering.
This is really hard right now.
This is stress.
This is challenging for me.
This hurts.
I'm allowing my uncomfortable emotions.

CONNECT TO COMMON HUMANITY

We all struggle sometimes.
Others would find this hard too.
This would be stressful for many.
Suffering is a part of life for all of us.
I'm not alone in how I feel.
This is part of being human.
Life can be hard for everyone.
Everyone makes mistakes.
No one is perfect.
Everyone experiences hard times.

BE KIND TO YOURSELF

Put your hands over your heart.

I'm doing the best that I can.
May I accept myself just as I am.
I'm human.
May I be kind to myself.
It's okay I made a mistake.
I give myself unconditional love.
I'm going to get through this.
May I forgive myself.
I'm here for myself.



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