



A Movement of Self Love

ACTIVITY: Plant YOUR good thoughts!

Objective: To internalize one good thought about oneself and recall it under stress as a self compassion tool.

QUESTIONS FOR STUDENTS

What words do you tell yourself when you get frustrated or stressed?

What words do you tell yourself if you make a mistake?

Do those words make you feel better or worse?

INTRODUCTION

For many of us, self compassion does not come naturally. Instead we tend to say mean things to ourselves when we are under stress or make mistakes. Life is full of opportunities to continually shift the way we identify with ourselves. This is the power of our brains!

Slowly we can learn to recall something positive about ourselves in a moment of hurt. Treating ourselves with kindness is just as important as treating others with kindness, yet we are all too quick to forget this.

When we begin to view ourselves with love, even in our worst times, we begin to understand our true identity as powerful and loving people.

ACTIVITY

Give everyone a copy of the Plant Your Good Thoughts step by step guide. Go over each step with students. Ask them to think of their thoughts like seeds. While a seed may seem tiny and almost insignificant at first sight, it contains a powerful force that when given the right things (soil, water, sun) it grows and grows.

Explain to your students that their thoughts are very similar to seeds. Each thought may seem insignificant, but when we nurture positive thoughts, we can expect them to help us grow to love ourselves.

Ask your students to think of one good thought about themselves. They can share it with the class or keep it to themselves. Ask them to write this thought with soap or a dry erase marker on their mirror at home (if they have one). Or have them write their thought on a post it note and place it on their mirror at home.

Plant YOUR good thoughts!



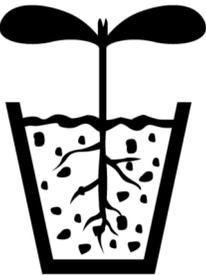
Think of a kind thought about yourself.



Write YOUR thought on your mirror.



Repeat YOUR thought every time you are looking in the mirror.



When you are feeling overwhelmed, think of YOUR thought.

I am my own best friend.

I like me.

I am doing the best I can.

*It's ok if I made a mistake.
That is how I grow.*

