



Why teach self-compassion in the classroom?

Self-compassion is the idea of treating one's self as you would treat a dear friend – kindly and with love – and is connected to a greater ability to cope with emotions. Being warm, caring and understanding to ourselves, without judgement - and especially if we are struggling or in pain - not only strengthens a culture of kindness but empowers individual children to believe in and encourage themselves, even if things are difficult. The practice of self-compassion has been connected to reduced anxiety and increased resilience and is a key skill for nurturing our emotional wellbeing.

This week's activities are intended to get pupils thinking about things they like about themselves, and to encourage them to speak about and treat themselves as they would a dear friend. The musical video, designed to introduce the topic, is a light-hearted and catchy reminder to speak positively about one's self and to celebrate who we each are. Remember, all our activities can be done outside the session, and can be repeated to strengthen the benefits.

Lesson plan

LEARNING OBJECTIVE

To understand that being kind to ourselves is just as important as being kind to others, and learn ways to show ourselves kindness.

KEY OUTCOMES

- Understand that self-kindness is just as important as being kind to others.
- Learn that we should be kind to ourselves just as we would be kind to a dear friend.
- Learn ways to speak kindly to ourselves and notice things we like about ourselves.

KEY WORDS

Kindness

Self-Kindness

Special

Appreciate

Care



WATCH VIDEO

3 mins

Fun and Fabulous Song About Being Kind To Yourself | 'It's Cool To Be Me' ft Nia - <https://youtu.be/FdHQ0UBkYqw>

This fun, musical video is based around self-compassion and the idea of being kind to yourself. It includes a song titled 'It's Cool to Be Me'.

INTRODUCTION AND DISCUSSION

10 mins

The teacher leads the class in a discussion of the video.

Points for discussion:

- What was Nia's song about?
- Why is it important to be kind to ourselves?
- Are we always kind to ourselves? What are some ways we might not be?
- What are ways that we can be kind to ourselves? *[Introduce the idea of treating yourself like you would treat a friend.]*

MAIN ACTIVITY

20 mins

SELF-COMPASSION MIRROR

*downloadable handout accompanies this activity

Pupils use the worksheet to draw a picture of themselves in the mirror, showing or writing things that make them special.



ACTIVITY REVIEW

5 mins

Spend 5 minutes reviewing the activity. Pupils might choose to share some nice things they said about themselves. This is important, as pupils should get into the habit of speaking positively about themselves without feeling self-conscious.

MEDITATION

3 mins

MORNING BODY SCAN

*downloadable audio accompanies this activity

Part of self-compassion is allowing time for yourself, and a great way to do this is through mindful meditation practice. This meditation asks pupils to focus on one body part at a time, how it feels in the present moment, and encourages them to release any tightness or tension. It is a way to encourage the pupils to tune into their body and love and care for it as they would for a dear friend.

REFLECTION

5 mins

At the end of the lesson, pupils come together to reflect on what they have learnt. Use this time to check that the KEY OUTCOMES have been achieved, and that pupils have an understanding of the new words and concepts that have been introduced.



Additional Resources

We've got a number of further activities and ideas that you can switch in to the lesson plan, or use at another time to refresh this topic.

SELF-COMPASSION CARD

20 mins

*downloadable handout accompanies this activity

Pupils use the worksheet to fill out kind things about themselves – what they are good at, why they are kind and why they are special.

SELF-COMPASSION CIRCLE

5 mins

Pupils are asked to tell the person next to them one kind thing about themselves that isn't to do with what they look like. Done regularly, this reinforces that pupils should feel comfortable saying nice things about themselves. This can be combined with a KINDNESS CIRCLE, so pupils would say one nice thing about the other person and one nice thing about themselves.

For more Bow-Wowza videos and activities to help support children's mental wellbeing and resilience head to our website: <https://bow-wowza.com/schools>.