

SELF-COMPASSION: PEOPLE, PLACES AND THINGS THAT SUPPORT YOU

Sometimes self-compassion can feel hard. But you can remember 1-2-3 things that can help you be kind to yourself, whatever you're going through.

NAME _____

Draw a picture of yourself here

1. LIST ONE PERSON WHO'LL LISTEN TO YOU IF YOU EVER NEED TO TALK:

Remember, all young people can speak to Childline about whatever they're going through. On the phone, online, any time.

2. LIST TWO PLACES THAT MAKE YOU FEEL HAPPY:

3. LIST THREE ACTIVITIES THAT HAVE MADE YOU FEEL GOOD IN THE PAST:

It might be watching a movie, doing something creative or sporty, or seeing a friend.

Self-compassion: Being kind to yourself is important. Even when you're sad, frustrated or disappointed, try to treat yourself the way you'd treat a good friend.

the
KINDNESS
challenge



childline

ONLINE, ON THE PHONE, ANYTIME

If you ever need support you can call **0800 1111**, or visit **childline.org.uk/kids**

Childline is a service provided by the NSPCC. ©NSPCC 2024. Registered charity England and Wales 216401. Scotland SC037717 and Jersey 384. J20240074.