



*Causeway Galveston Presents:*  
*Self-Compassion*

*"If we are all kinder and gentler with ourselves, a natural next step is to be kinder and gentler with others – including those who are different to us or those who challenge us. With the power of self-compassion, we can move through difficult times with more ease, and set and achieve our goals without getting stumped by the obstacles. When we recognize our own humanity, our imperfect selves, and embrace all of it with love, then we live life fully-present and can navigate our journey with grace. We all deserve this." Jill Guerra-Mindful Schools*

**5 Tips for Teaching Your Kids Self-Compassion:**

- 1. Practice on your own:** Model for your child what self-compassions should look and sound like by using positive self-talk and affirmations
- 2. Teach your child the loving-kindness meditation:** Sending loving thoughts to yourself (Mindfulness meditation in the link below)
- 3. Ask your children to change perspectives:** Putting yourself in other people's shoes and showing empathy
- 4. Teach your children to accept their thoughts and feelings:** Accept positive and negative thoughts and when things don't go our way
- 5. Help your children challenge catastrophic thinking:** Help them identify feelings and dispel feelings of worthlessness

**Articles:**

<https://psychcentral.com/blog/5-tips-for-teaching-your-kids-self-compassion/>

<https://www.mindfulschools.org/inspiration/empower-students-with-self-compassion/>

<https://www.mother.ly/life/how-to-model-self-compassion-for-kids?rebelltitem=1#rebelltitem1>