



Acts of Self- Kindness



Sometimes we are so busy being kind to others that we forget to be kind to ourselves, but this is very important for our self-esteem and should not be forgotten! Underneath are some different Acts of Kindness to do for yourself, cut the cards out and shuffle them. Then each day pick a card at random and try to complete the Act of Kindness by the end of the day!

Give yourself a compliment today!	Have a relaxing soak in the bath	Try and learn something new today
Live by the mantra 'You don't have to be perfect'	Listen to your favourite songs to boost your mood	Write a letter to your future self to reflect on later in the year
Take some time for your favourite activity today	Tell someone else about something you did well or enjoyed today	Write down your biggest achievement and allow yourself to feel proud of it
Treat yourself to something today	Practice some mindfulness/relaxation exercises	Spend time with someone who makes you smile
Write down some of your positive traits and feel good about them	If you struggle today, tell yourself 'This is tough. But so am I'	Do some physical activity to release the happy chemicals