

MODULE 8.2

SELF-COMPASSION for Students



TAKE IT DEEPER:

Practicing Self-Compassionate Responses

Changing how we talk to ourselves takes practice. By becoming aware of how we might naturally feel or talk to ourselves in challenging situations, we can then practice shifting to more positive, self-compassionate self-talk.

Use this template to spark a group discussion or as an activity for older students to fill out individually. Invite them to think of 3 to 5 challenges they have been having lately, and how each one makes them feel.

Next, have them think of positive, or self-compassionate, things they could say to themselves to shift how they feel and/or respond to the challenge.

Challenge	How I feel	Self-Compassionate Response

Discussion questions:

Are there some areas of your life in which you are harder on yourself than others?

What do you think would help you be kinder to yourself?

