

# 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.

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

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

NAME -----

Draw a picture of yourself here

2. LIST TWO PLACES THAT MAKE YOU FEEL HAPPY:

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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.

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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](https://childline.org.uk/kids)

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# WORDSEARCH ACTIVITY



Can you find the following words related to kindness in the grid?

Remember words can be horizontal, vertical and diagonal.

- |            |              |               |
|------------|--------------|---------------|
| FRIENDSHIP | KIND         | LOOKING AFTER |
| SHARING    | LISTENING    | INCLUDING     |
| COMPASSION | FRIENDLINESS | HELPING       |
| EMPATHY    | NICE         | GENTLE        |
| RESPECT    | HONESTY      |               |

C O M P F E U S Q M F R I E K D E W B P M C  
 G E W C I K E L P E R K O O P I N G I S T O  
 L Z C F R I E N D S H I P P R E A G R I N M  
 W K T C I P R A C W O N L I N E D S S O I P  
 S L H S S E P P R E S D H E P P O O N M I A  
 R O I N C L I N G E F R I E N D L I N E S S  
 S O P A T H L I S B V N N O O S T E N G H S  
 T K A T E R G L Y V U O S S G T U L C S M I  
 U I S N P K T X X U D G R V B O O S S T L O  
 U N F H Y H E P G C E T L E P N G H R E N N  
 A G F D N O E O O S S P W H U C Y A N M A E  
 E A Y I E N O L D V I R M V U I O R S F T E  
 A F T O R E B Z P Y E E O O N I T I J X E A  
 L T O E A S F T O I F N O E E N F N P J G C  
 A E M P A T H Y I O N N E Y C C K G I Y X E  
 H R W U O Y E A H E I G Y O O L S S E C C K  
 H X H I U O L G S C Y A E N U U S T A M E L  
 E L W U I C R E S P E C T P A D D T B N E E  
 L W O C Y T O N W E N S S S I I G B C N U T  
 M P W A U E C T T N I S S O P N B B N S X I  
 G I Y N B P A L I S T E N I N G S P I T M C  
 O R J U S S A E R G V I U M T P O O S T K A

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# MINDFULNESS: TAKE TIME TO FEEL WHAT YOU'RE FEELING



Mindfulness: Staying aware of our thoughts, feelings and actions can help make the world a kinder place.



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# COLOURING ACTIVITY



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COLOURING  
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