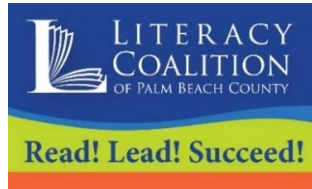


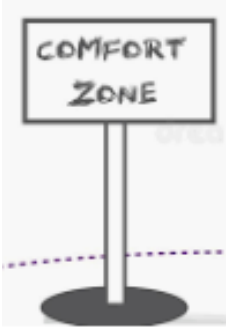
READ and THINK before you ACT.



Leading through Reading

Be Kind to Yourself (6-8)

READ



Appreciating and understanding yourself is very important. Taking good care of yourself mentally, emotionally and physically is essential. Self-care is not selfish. Taking care of yourself helps you to be kinder and more caring to others.

Make sure to find time for self-care.

There are many ways to be kind and caring toward yourself. Being kind to yourself is especially important during difficult times. Comforting, soothing and validating are important ways to take care of yourself. Other ways include motivating, protecting and providing for yourself.



Comforting, soothing and validating self-care can include things such as getting exercise, deep breathing and allowing yourself special time to yourself.

Motivation, protecting and providing self-care is doing things like stocking up on basic supplies and your favorite treats.

Read more: LOOK for [ebooks on teen self-esteem](#) on Hoopla

Reference: Positive Psychology .com

THINK

Are there times that you think or say mean things about yourself? That is self-bullying and it is wrong. Can you stop being cruel to yourself? Can you do the opposite (be kind and caring)? How could this change make you happier?

ACT

Appreciate & Understand Yourself

Create a self-portrait with positive statements about yourself.



I believe in me. I am loved.
I am blessed. I am truthful.
I am thankful. I am special.
I stay calm. I am a good friend.
I am independent. I am responsible.
I do my best in my work and tasks.
I love my life. I enjoy new adventures.
I work hard. I am strong. I am helpful.
I have faith in God. I am a good sport.
I am kind to others. I am a good listener.
I do the best I can. I focus on the positive.
I am a good influence on others.
I learn from my challenges. I pray for strength.
I do the right thing even when no one is looking.



Create a Self-Care Vision Board

Either on poster paper (sketch, cut or print pictures) or on word as a screensaver (use clipart), create a collage of ways you can take good care of yourself. Use this vision board as inspiration and motivation.



This at-home educational activity is from the Literacy Coalition of Palm Beach County's literacy-based social emotional learning program.

Read! Lead! Succeed! is made possible with support from Prime Time Palm Beach County, Inc., which receives significant funding for its overall operations from the Children's Services Council of Palm Beach County.

Sharing is caring! Send us a picture of you and your Lead! Read! Succeed! projects to nbirardi@literacypbc.org