

Self Compassion

Identity and Perspective,
Module 1



AGENDA



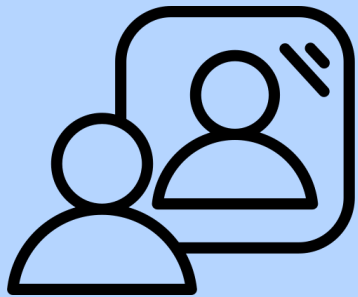
1. Brainstorm: If you were to describe yourself, do you think your description would match up with someone else's description of you? Why?



2. Activity: Read some of the sample mantras below. Working individually or in pairs, create your own mantra. Be prepared to share with the class.



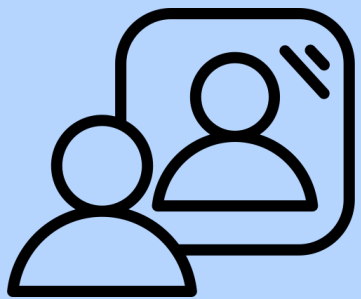
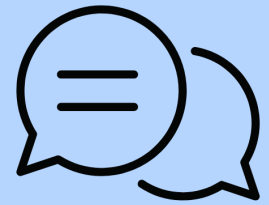
3. Reflect: Do you think you're likely to use the mantra when you need to practice self-compassion? Why?



BRAINSTORM



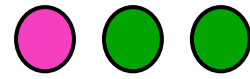
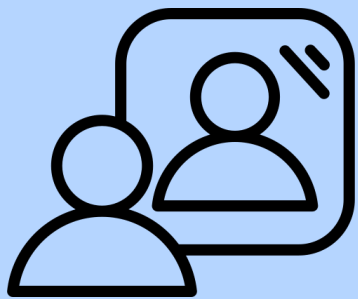
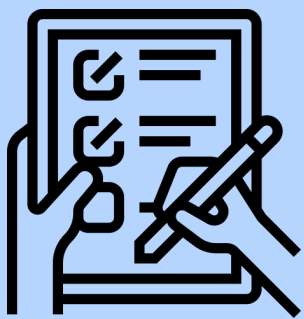
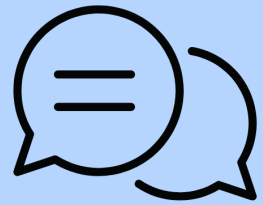
If you were to describe yourself, do you think your description would match up with someone else's description of you? Why?



DISCUSS



Do you think it's important to have an accurate self-perception? What are the benefits? Downsides?



DIVE IN

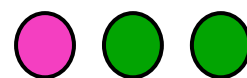
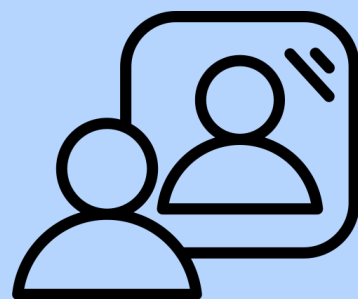


Self-perception is how we view ourselves and the thoughts we have about ourselves. Sometimes our self-perception and how others think about us are similar, and sometimes they are different.

A **mantra** is a meaningful statement or sound that is repeated during a time of concentration, like meditation.

Compassion is a feeling of sympathy and concern for someone's suffering and wanting to help them feel better.

Self-compassion is very similar, but instead of feeling sympathy for someone else, you feel it for yourself.



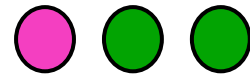
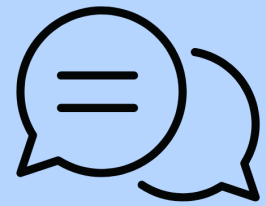
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Step 1. Self Kindness

- Showing self-kindness and being able to treat yourself with love and care.





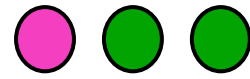
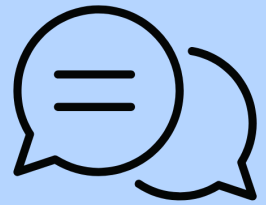
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Step 2. Common Humanity

- Having “common humanity” which is recognizing that nobody is perfect and making mistakes is part of what makes us human.





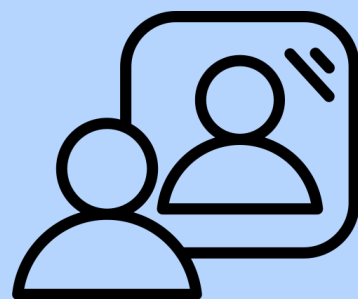
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Step 3. Mindfulness

Mindfulness and being present in the current moment. Being mindful helps us to not overreact when we experience unpleasant emotions.





ACTIVITY



Activity: Read some of the sample mantras below. Working individually or in pairs, create your own mantra. Be prepared to share with the class.



Worksheet

Name: _____

Date: _____

Self-Compassion

Three steps for practicing self-compassion:

1. Show self-kindness and self-care.
2. Practice common humanity and recognize that nobody is perfect and making mistakes is part of what makes us human.
3. Be mindful!

Sample Mantras:

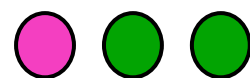
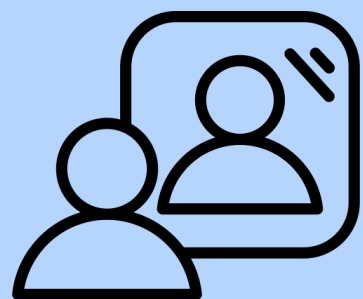
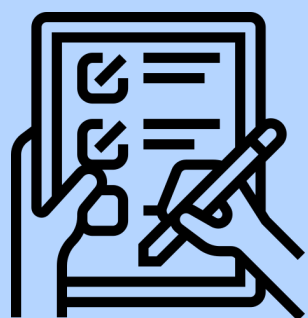
- | | |
|----------------------------|---|
| • Let it go. | • Stay in your lane. |
| • I don't own that. | • Shake that one off. |
| • That wasn't about me. | • I control my thoughts. |
| • I am kind to myself. | • I'll rise above this. |
| • Stay the course. | • I bring my A game. |
| • I am a positive force. | • Inhale courage. Exhale doubt. |
| • I did my best. | • I bring what I am able. |
| • I can't control this. | • Press on. |
| • This won't sink my ship. | • I have great things to give to the world. |

Create your own mantra in the space below for when you need a self-compassion boost!

Reflect

Do you think you're likely to use the mantra when you need to practice self-compassion? Why?

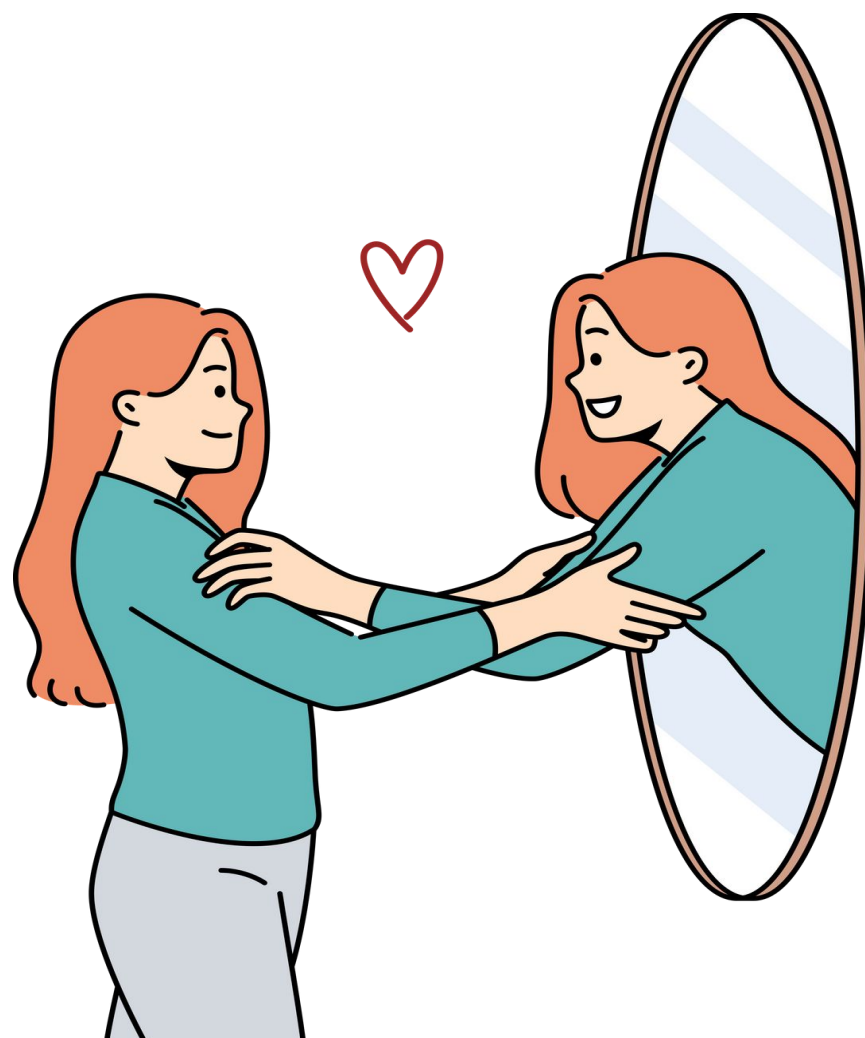
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REFLECT



Do you think you're likely to use the mantra when you need to practice self-compassion? Why?



Home Connection



Home Connection

Self-compassion

Dear Parents,

I'm excited to share that your student has been learning about self-perception and self-compassion in class. They explored how their self-view might differ from how others see them and discussed the importance of having an accurate self-perception. Students learned that practicing self-compassion can help improve their self-view, increase happiness, and decrease negative thoughts.

****Discussion Prompt for Home:****

Please discuss this question with your student: "If you were to describe yourself, do you think your description would match up with someone else's description of you? Why?"

Thank you for your support!

Best regards,

[Your Name]
[Your Title]
[Your School]

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Professional Development



Take 5 minutes and create a mantra for yourself.





Further Study

- Kids Helpline, Self-care Tips for Teens:
kidshelpline.com.au/teens/issues/self-care
- We Are Teachers, Nurturing a Struggling Student's Self-Perception:
www.weareteachers.com/struggling-students-self-perception/
- XQ Superschool, 10 Tips for Teacher Self-Care:
xqsuperschool.org/rethinktogether/ten-tips-for-teacher-self-care/





Lesson Complete!

