



High School

Home Connection

Self-compassion

Dear _____

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.

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?*

Please do not hesitate to reach out with any questions or concerns.

Best regards,
