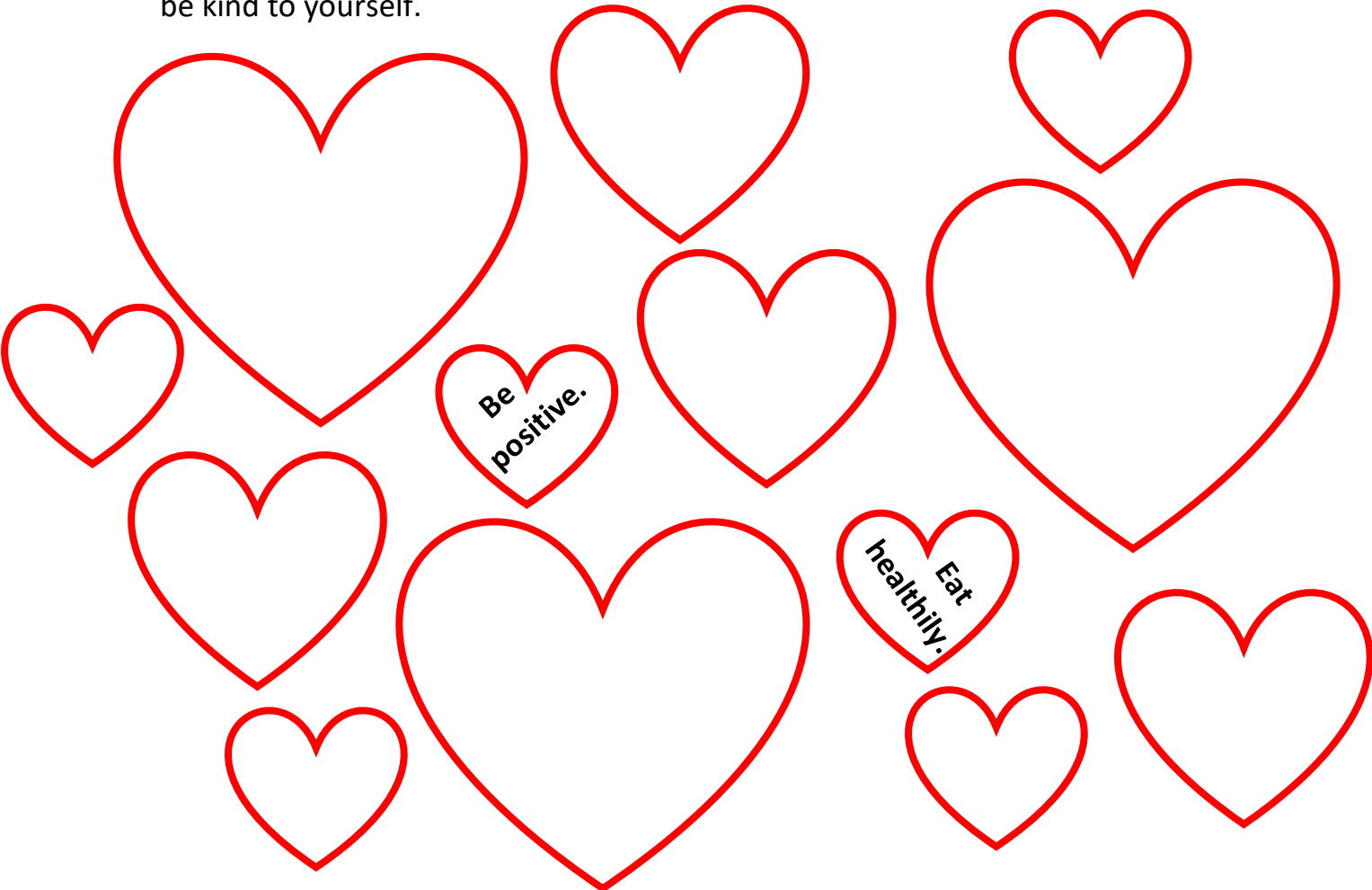


# Fostering Resilience

## Be Kind to Yourself

We often think about how we can be kind to others and what effect our behaviour has on other people. Have you ever thought about how you can be kind to yourself? Use the hearts below and write your own ideas of how you can be kind to yourself.



Remember to share photos of your personalised hearts with us:



[team@fosteringcompassion.org](mailto:team@fosteringcompassion.org)



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