

My Self-Kindness Flower

In each petal, write or draw something you love or like about yourself.

These can be:

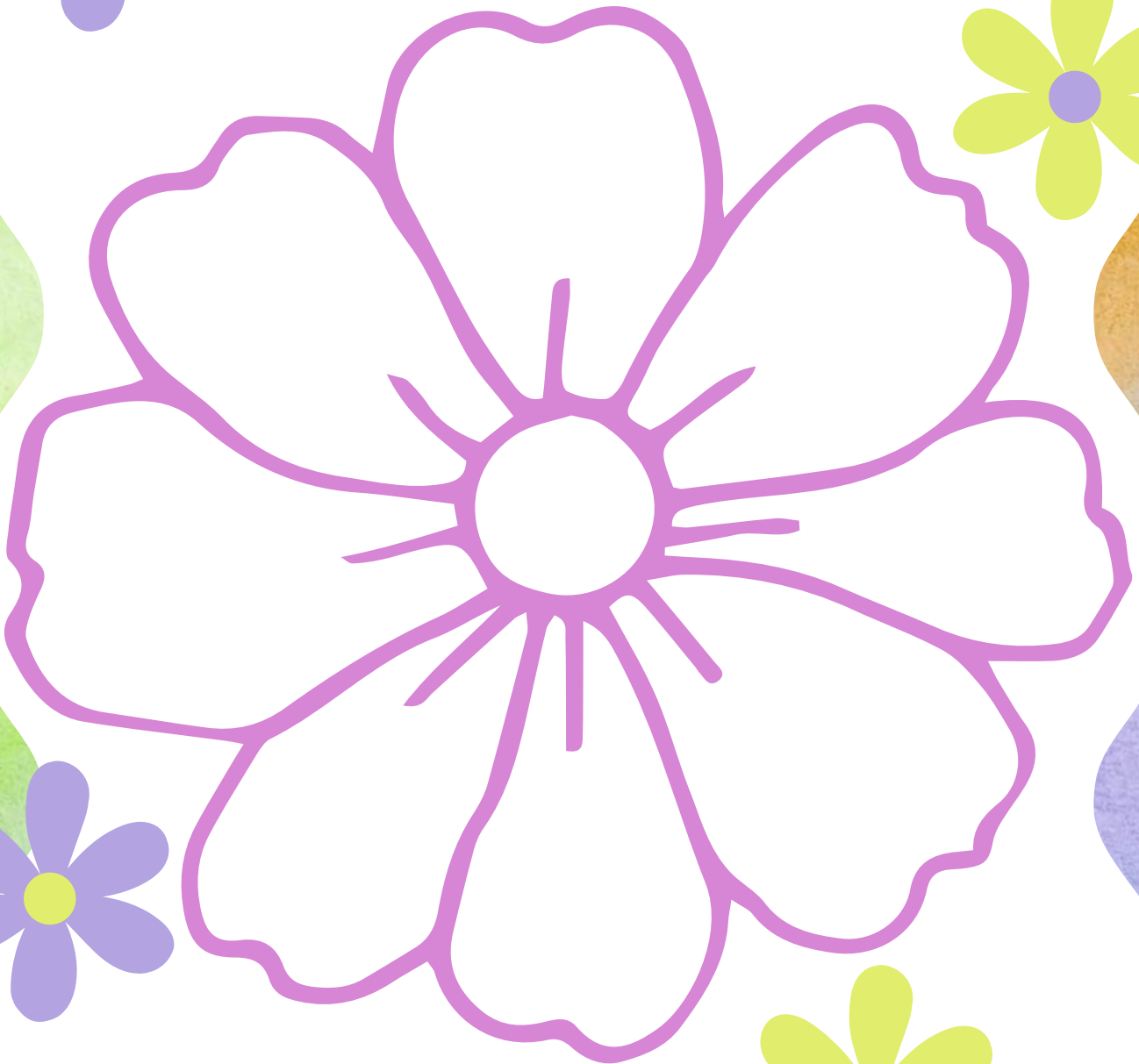
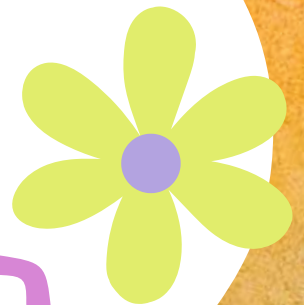
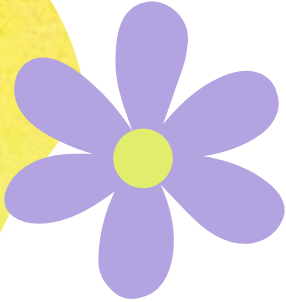
Things you are good at

Kind things you have done

What makes you a good friend

How you try your best

What makes you you



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