Self-Kindness Spinner

Go for a walk

Listen to a podcast or read a book

Write down a list of things you are grateful for

What is self-kindness?

Self-Kindness = Self-Compassion + Self-Care

How to use the spinner:

1 Think of a few self-kindness activities you think you might like to incoorporate into your routine and write them onto the spinner

2 Grab a pencil / pen and a paper clip. Place the pencil through the loop of the paper clip.

3 Now position the pencil so that point is touching the centre of the circle. Flick the end of the paper clip so that it spins round and see what activity it lands on!

4 Try this out every few days and see the different self-kindness activities you can partake in.

Find instructions here:
https://schoolofkindness.org/wp-content/uploads/2021/03/Kindness-Spinner.pdf

Why practice self-kindness?

helps us fight off diseases

helps us manage stress

increases our energy and productivity

helps us sleep better