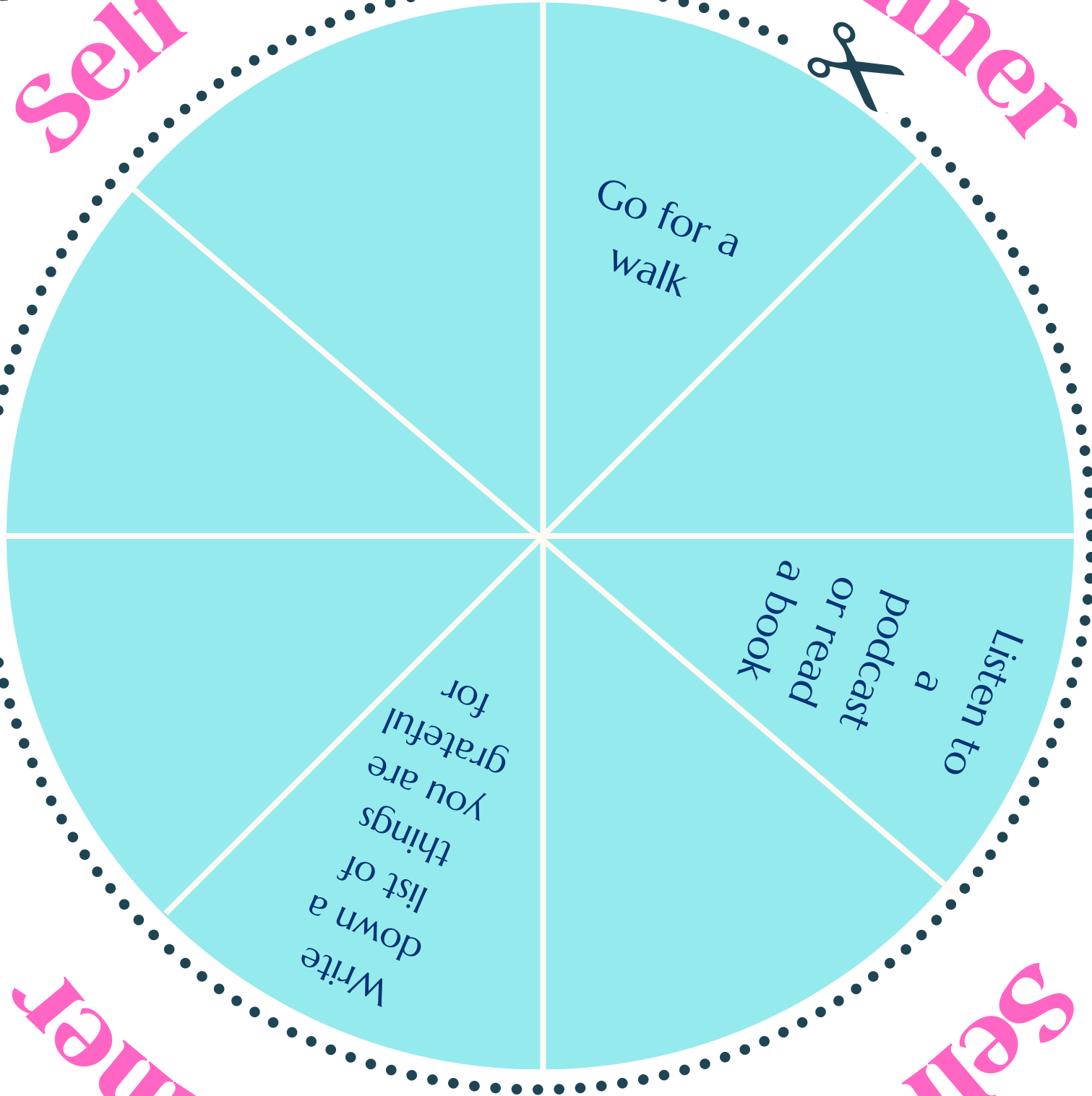


Self-Kindness Spinner



Self-Kindness Spinner



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 incorporate 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