



## Juniper Hill School – Life Skills Curriculum Self-Compassion

### **Topic: Self-Compassion** (Juniper Hill School’s own topic)

Self-Compassion is treating ourselves with kindness, showing the same kindness to ourselves that we show others. Too often we criticise ourselves for our failures, rather than accepting that we aren’t perfect – perfect doesn’t exist and we make mistakes. When we treat ourselves with compassion we are able to learn and grow from our mistakes.

We all have a basic need for connection. Without bonds of love and affection with others we cannot achieve our full potential as human beings. Belongingness is one of our core needs. People who have a strong sense of belonging and feel connected to people are more resilient to set back and challenges.

The children will be taught lessons on identifying their own personal qualities and inner strengths; this supports our work on self-awareness.

As individuals we often take disappointment personally and ‘mentally’ beat ourselves up. If we can teach the children that disappointment is normal, and not to berate ourselves; if we can be kind to ourselves when we are disappointed we will be able to move on from our disappointment more quickly, and not allow it to define the future.

We all compare ourselves to others. This can be destructive. We need to teach the children to ‘stay in their own lane’ to focus on themselves. There will always be someone, smarter, richer, and cleverer than them. Comparing yourself to others can destroy your self-confidence. Self-comparison is only helpful if you are using it to improve your own skill or ability.

Expressing gratitude can change our emotional state and increase our levels of happiness. Self-appreciation allows us to revel in what’s positive about ourselves and our lives.

When we treat ourselves with compassion, stop comparing ourselves to others and find ways to make the most of our strengths we will achieve emotional well-being and feel more resilient.



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Objective (Pupils should know by the end of Year 6)	EYFS	Year 1 / Year 2	Year 3 / Year 4	Year 5 / Year 6
<b>Lesson 1 Belonging</b>	I know which groups I belong to.	I know which groups I belong to. I know which groups make me feel comfortable and why?	I know the importance of belonging to a group. I know the groups I am part of will change over time. I know that being part of a group can sometimes give me support.	I know the importance of belonging to a group. I know the groups I am part of will change over time. I know that being part of a group can sometimes give me support.
<b>Lesson 2 Inner Strengths / Personal Qualities. Love and believe in yourself.</b>	I know that everyone is special in different ways.	I know that I have special qualities and strengths. I am starting to recognise what they are.	I can identify my inner strengths. I know I can draw on my inner strengths during challenging times.	I can identify my inner strengths. I know I can draw on my inner strengths during challenging times.



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<b>Lesson 3</b> <b>Not taking disappointment personally</b>	I know that I will be disappointed.	I know that disappointment is normal, we all experience disappointment.	I know that disappointment is a normal part of life. I will experience disappointment. When I am disappointed I will find a way to be kind to myself and not take it to heart. I will not let disappointment define my future.	I know that disappointment is a normal part of life. I will experience disappointment. When I am disappointed I will find a way to be kind to myself and not take it to heart. I will not let disappointment define my future.
<b>Lesson 4</b> <b>Comparing ourselves to others</b>	I need to remember that what I do and achieve is important. I must remember to focus on myself	I need to remember that what I do and achieve is important. I must remember to focus on myself	I know that it's not healthy to compare myself to others when it makes me feel negative about myself. I know that it's only useful to compare myself to others to enable me to reflect and improve my skills performance or abilities.	I know that it's not healthy to compare myself to others when it makes me feel negative about myself. I know that it's only useful to compare myself to others to enable me to reflect and improve my skills performance or abilities.



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<b>Lesson 5</b> <b>Accepting that we aren't perfect. We make mistakes – that's normal!</b>	I know that it's normal to make mistakes.	I know that it's normal to make mistakes.	I know that it's normal to make mistakes. When I make a mistake, I will be kind to myself.	I know that it's normal to make mistakes. When I make a mistake, I will be kind to myself and see it as a learning opportunity. When I make a mistake and people give me feedback, I won't be defensive, I will learn to take feedback to improve myself.
<b>Lesson 6</b> <b>Self-appreciation</b> <b>What's good in our lives</b>	I can appreciate what is good in my life.	I can appreciate what is good in my life.	I can recognise and acknowledge the gifts I have been given, by other people and by life itself!	I can recognise and acknowledge the gifts I have been given, by other people and by life itself!