

# Week 4 – Give yourself a gift

You are doing so well! Give yourselves a well done for starting your journal, for giving yourself time to think and reflect, for sharing, for doing your affirmations.

Make yourself a little gift.

**Talk:** - Why is it important to be nice to yourself?

Giving yourself a gift and being mindful that they are gifts will make you feel good. You will feel loved and supported by yourself and this is very important because the more you love yourself the more confident and happier you will feel. This then means you can love other people and the world around you more.

Gifts can be teeny tiny and gifts can be big. Gifts can be things or gifts can be actions. I think lots of teeny tiny, action gifts everyday work the best.

Action gifts can be: -

After I have tidied my room, I will have a nice bath

When I have finished this bit of homework, I will look out the window for 5 minutes at all the birds and beasties.

I'm going to put my feet up and read my favourite book