

# The Blue Cloud

\* Knock Knock \*

I'm a terrible person...



Do you want to  
have a chat?

Sure...



Remember that time when you shared your food with someone who didn't have any?

Hey, do you want a sandwich?

Yes, I'd love to have one. Thank you!

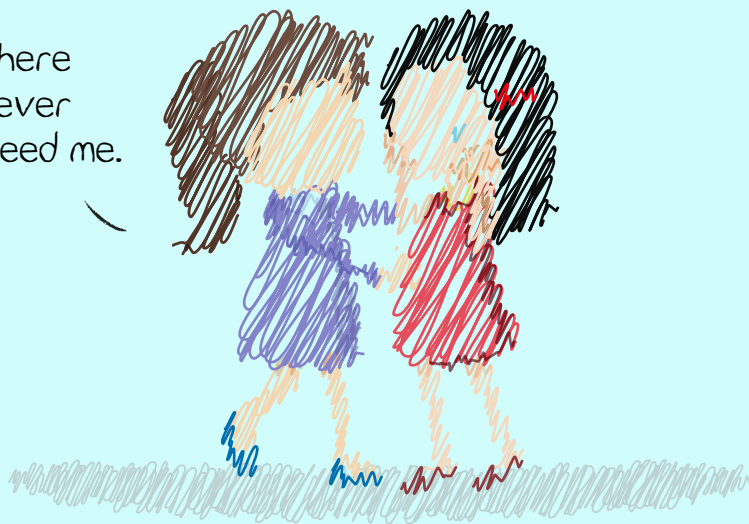


That's because he didn't have any money on him...



You were there for a friend when you saw  
that she was upset...

I'll be here  
whenever  
you need me.



Something was going  
on in her family...



and you stood up for your classmate when  
the class laughed at him.

M...my  
na..name  
is... is...

He's already doing  
his best. We should  
encourage him, not  
laugh at him!

HA

HA

HA

HA

HA

HA

HA

Because what  
they did to him  
was wrong!

You're right...

and if I asked you to name all the people  
whom you can be kind to, how long would it  
take before you named **yourself**?



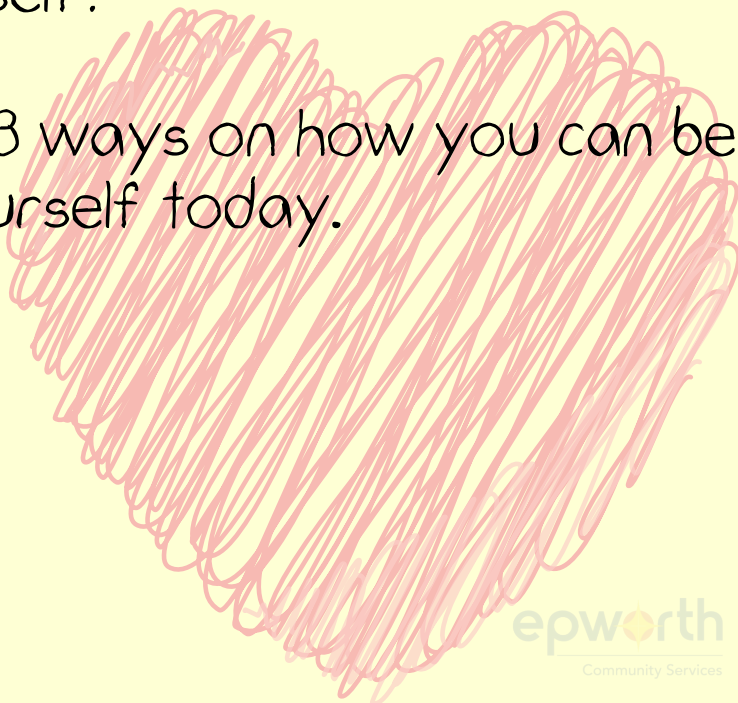


Be kind.

You are important,  
too.

# DISCUSS WITH ME!

1. Do you think that being kind to yourself is important? Why do you think so?
2. What are 3 things that you do to be kind to yourself?
3. Write down 3 ways on how you can be kinder to yourself today.



# BEING KIND TO MYSELF

If you could take all the love here and use it to be kind to yourself, what is one thing that you will use it to do?

