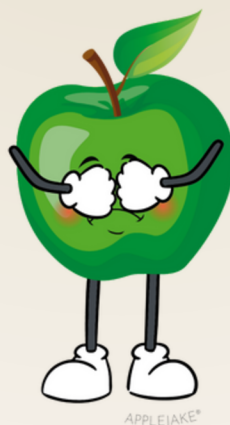


Building Self-Love to Ease Shame

ACTIVITY BOOK

For Kids and Parents



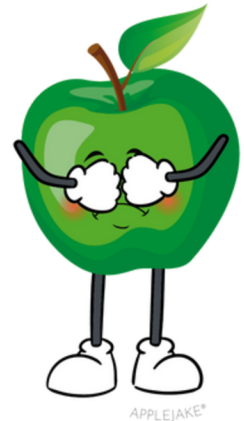
NAME _____

MY AMAZING HEART

STEP 1: LET'S TALK ABOUT FEELINGS

Parents, start by explaining:

"Sometimes we all feel shame—it's that heavy feeling when we think we've done something wrong or aren't good enough. But remember, everyone makes mistakes, and we're still amazing in so many ways. Let's focus on the things that make us special!"



STEP 2: DRAW YOUR HEART

Together, draw a big heart in the space below. You can make it any style you like—colorful, plain, or even with patterns!

STEP 3: FILL YOUR HEART WITH LOVE

Inside the heart, write or draw the things you love about yourself.

STEP 4: REFLECT TOGETHER

Talk about your hearts!



STEP 5: KEEP YOUR HEART CLOSE

Cut out your heart and decorate it with stickers, glitter, or anything you like. Hang it somewhere special—like your room or fridge—as a reminder of how awesome you are.

BONUS ACTIVITY

Parents and kids can create a shared heart filled with the things they love about their family.

WHY THIS MATTERS

Shame can feel overwhelming, but focusing on strengths builds resilience and self-compassion. This activity helps children learn to shift their attention from negative feelings to the positive qualities that make them unique and loved.



FOR PARENTS

"Research shows that practicing self-compassion helps children develop emotional resilience and eases feelings of shame."

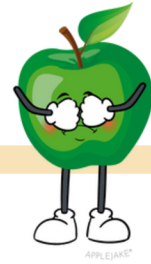
DRAW YOUR HEART

Together, draw a big heart in the space below. You can make it any style you like—colorful, plain, or even with patterns!



FILL YOUR HEART WITH LOVE

Inside the heart, write or draw the things you love about yourself.



Parent's role: Share something you admire about your child and write or draw it in their heart as an example.

Child's role: Think about what you're proud of or like about yourself.

These could be:

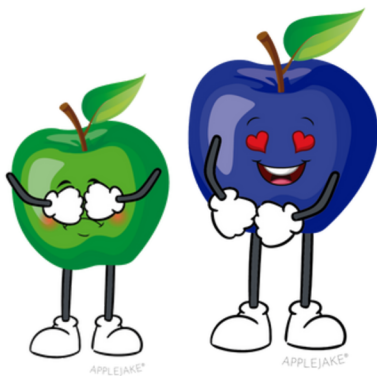
- Things you're good at (like drawing, being kind, or playing sports).
- Ways you help others (like sharing, listening, or cheering up a friend).
- Fun things about you (like your laugh or your favorite hobby).



FILL YOUR HEART WITH LOVE

PROMPTS SUCH AS:

- “What makes you awesome? What are you proud of?”
- What makes people smile about you?”





REFLECT TOGETHER

Now talk about your hearts!

Parents, explain how focusing on strengths can help when we feel shame.

For example:

"When I feel bad about something, I try to remember what I'm good at and the people who care about me. It helps me feel better."

Ask your child:

- "How does it feel to see all these great things about yourself in your heart?"
- "Next time you feel down, how could you use your heart to feel better?"

KEEP YOUR HEART CLOSE

Cut out your heart and decorate it with stickers, glitter, or anything you like. Hang it somewhere special—like your room or fridge—as a reminder of how awesome you are.

