

K E V I N  
**LOVE FUND**

**Everyone is Going Through Something**



# SELF-COMPASSION

WHEN YOU ARE LEARNING  
SOMETHING NEW, MAKING A  
MISTAKE IS PART OF LIFE AND  
PART OF HOW WE LEARN AND  
GROW.

Just like we are kind to our friends, it is also important to be kind to ourselves—especially when we make a mistake or feel like something is really hard.

# CREATIVE ACTIVITY

**FIRST, THINK ABOUT A TIME IN YOUR LIFE WHEN YOU FELT MAD OR DISAPPOINTED IN YOURSELF.**

Now, lets draw picture of that moment. The drawing can be stick figures, shapes, colors, and even words to show how you were feeling.



# CREATIVE ACTIVITY CONTINUED...

**NOW, LET'S DRAW ANOTHER  
PICTURE THAT WILL HELP US TO  
SEE OURSELVES IN A DIFFERENT  
WAY...A SELF-PORTRAIT. THIS  
IS A PICTURE OF YOU.**

Surround your self-portrait with kind and loving words that describe who you are and the things you like about yourself (for example: kind, smart, funny).

