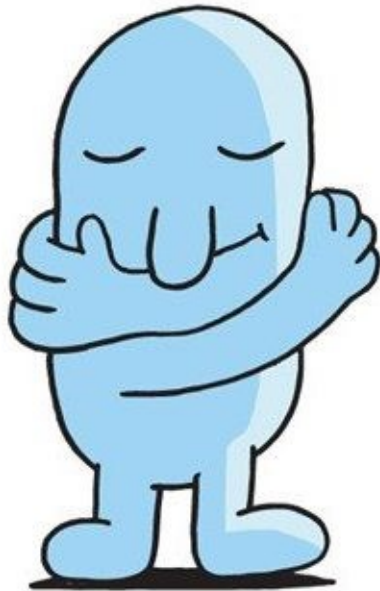




## BE YOUR OWN BEST FRIEND



Here's a question for you to ponder:

Are you as kind to yourself as you are to your friends?

Or do you comfort your friends when they're feeling down, but feel impatient and critical of your own feelings?

It's important to be kind to our friends, of course — and sometimes we find our best wisdom when we're comforting others — but it's just as important to be a good friend to ourselves.



### **Step 1 of 7**

For this project you will need:

A few small pieces of paper,\* and a pen or pencil.

Plain white paper works perfectly fine, but you can also try fancier papers, or pictures cut from magazines (as long as there's space to write on them).

### **Step 2 of 7**

First, imagine that a friend has come to you with a worry. You can think of a specific friend who you know is worrying about something right now, or you can think about a friend you've comforted in the past.

### **Step 3 of 7**

What can you say to help your friend remember that they are going to be okay, that they will get through this moment? Or maybe you can remind them that they have friends who care about them, who love them just as they are.

Write each thought you have on a separate little piece of paper.

### **Step 4 of 7**

When you are finished, tuck your notes inside your Okay Kit. If you haven't made an Okay Kit yet, here are the [instructions](#).

You can also try out our [Float your boat](#) project and keep your notes inside your boat.

If you didn't make an Okay Kit or boat, that's okay! A box or jar or other container will work just as great.

### **Step 5 of 7**

Next time you need a reminder that you have the courage and wisdom to take on your worries and fears, just open up your Okay Kit and pull out a note from your BFF (you!).

### **Step 6 of 7**

Now that you have your words of wisdom, it might be time to [get a magic tattoo](#).

### **Step 7 of 7**

Want to add your wisdom notes or magic tattoo to our gallery?  
That would be so great.