

SELF-KINDNESS & NEGATIVITY BIAS

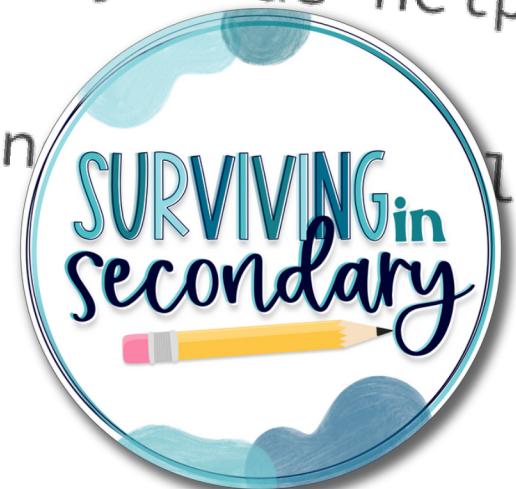
SEL MINI LESSON FOR SECONDARY STUDENTS

Self-Kindness & Negativity Bias

Exit Ticket

Answer the following questions...

1. What is negativity bias?
2. How can understanding negativity bias help self-kindness?
3. What is one way you can be kind to yourself?



WHY WILL YOU (AND YOUR STUDENTS) FALL IN LOVE WITH THIS RESOURCE?

- ✓ Fully editable
- ✓ Engaging
- ✓ Relevant
- ✓ Fosters discussion

Ideal for
middle and
high school!

Let's get some ideas from the group!

Speak to yourself
how you'd speak
to a friend

Type here

Type here

Type here

Practice breathing
exercises

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PLEASE NOTE: Google Slides REQUIRED

