


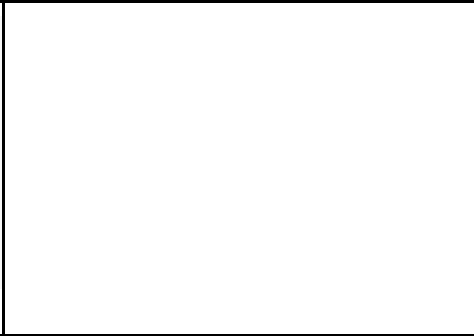


Love Yourself! Show Compassion

Directions: Listen to the Book: *I am Love*, by Susan Verde . Next, use the choice board below to choose and complete 3 activities .

<p>Write a paragraph about how you can be compassionate to other people.</p> 	<p>Practice these 2 yoga poses in the Mirror:</p> <ol style="list-style-type: none"> 1. Cobra Pose-Lie on your belly. Place your arms flat on the ground next to your shoulders. Practice breathing gently. 2. Fish Pose-Lie down on your back. Keep your legs straight. Prop yourself up on your elbows with your palms on the floor. Lift your chest and belly toward the sky. Practice breathing gently. 	<p>Make up a song or rap about what "love" means. Then perform the song or rap for someone or an audience.</p> 
<p>Make a poster board collage about people you love. Explain on the poster board what you love about them. Share and present it to your family.</p>	<p>Find 5 people to share and say kind words to before the end of the day. Then ask them to find someone to share a kind word with.</p> 	<p>Make a video of a person, place or thing you have compassion for. Describe why you are compassionate about the person, place or thing and then share it with 3 other people. Then encourage them to make a video doing the same.</p>



Pictures courtesy of pixabay.com
<https://youtu.be/1V5AIDu1GHo>

[Susan Verde \(@susanverde\) | Twitter](#)