



The Kindness Curriculum



SELF-ACCEPTANCE

Self-acceptance is the awareness of and satisfaction with one's strengths and weaknesses - the non-judgemental realistic assessment of one's talents, capabilities, and general worth. It results in an individual's feeling about oneself and acknowledging that they are of "unique worth". When we're self-accepting, we're able to embrace all facets of ourselves—not just the positive, more "esteem-able" parts. Building capacities to accept oneself is critical to a sense of wellbeing and crucial to mental health.

Benefits of self-acceptance include increased positive emotions, a developing sense of freedom, self-worth, autonomy, and self-esteem. Strong self-acceptance also decreases fear of failure, and self-criticism, depressive symptoms and an overwhelming need for approval. The [Kindness Curriculum](#) activities sourced and designed provide opportunities for children and students to explore and practise self-acceptance. Our activities support people to learn more about being attentive to the thoughts and beliefs (especially judgments) that we have about ourselves and how these impact on our relationships and daily lives.



Log your act of kindness at the [Kindness Factory](#).
Visit the [Kindness Curriculum](#) and make the world a kinder place.