

Kindness to Ourselves

Boys and girls, did you ever wish you were a cow like me. I bet some of you think that I have a pretty easy life, that I don't have to work, I just walk around and give milk. Well my work is to make milk so that you will have milk to drink for strong bones, milk to drink like in chocolate milk, or in cream.

While you and I definitely look different, in many ways we are the same. When someone hits a cow, it hurts. When you are hit it hurts. You need to drink water to keep alive.. Cows need to drink water to keep alive. Cows like to play... you like to play. Cows have to eat the right things to be strong...you have to eat the right things to be strong. You like to be treated kindly... cows like to be treated kindly. For cows to be able to make milk, they have to be kind to themselves and for you to do your very best....you must be kind to yourself.

Now here is a question for you. Who is the person you know best that sometimes is not kind to you? Here's the answer -- the answer might be you. That's right. It's you.

Now how are you not kind to yourself. One way is that you don't put the right foods in your body by eating foods that are not healthy. Some foods are good for us and others we call junk food and they just make us fatter and fatter and when we get too fat. That is not good for your body. So if we do things that are not good for our bodies, we are not being kind to ourselves. Your teacher and parents can tell you about foods that are good for your body. Too much sugar is not good for our body and we all like sugar don't we.

Sometimes when I don't treat myself as nice as I should, I might have thoughts in my head that make me worry. They keep from going to sleep at night. When I don't get enough sleep then I don't feel good the next day. Do you ever have thoughts in your head that keep you awake at night?

Or, did you ever make a mistake and say to yourself I am stupid. No one likes to be called stupid and here you called yourself stupid. You are not stupid. You just made a mistake and everyone makes mistakes. So instead of being unkind to yourself and calling yourself stupid, just say I made a mistake and I will try harder so that doesn't happen again. So when you say you made a mistake and will try harder next time, you are talking to yourself in a kind way. When you talk to yourself in a kind way you will feel better about yourself and that will make you feel happier.

So we want to have the Moo Attitude for ourselves. We want to do kind things to ourselves by eating the right foods. And we want to think kind things about ourselves by not making fun of ourselves. When you are kind to yourself, it is easier to be kind to others. Being kind to ourselves and to others is practicing the Moo behavior -- lets hear a big moo for being kind to ourselves. MOOOO