

# Taking Care of Me

## *A Self-Care Guide for Parents*



ScHools INreach Emotional Wellbeing Service



# Why is Self-Care Important?

Many of us are familiar with feelings of worry, anxiety, stress, or low mood every now and then. Relationships with friends, family, our home lives, worries about work and even the news can all contribute negatively to the way we feel; this is completely understandable and normal.

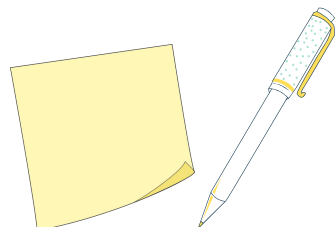
It is just as vital to take good care of our mental health and wellbeing, as it is our physical health.

## Planning & Prioritising Self-Care

Prioritising and scheduling self-care around our busy lives helps us to function better and be more productive. ***You cannot pour from an empty cup.***

Creating a self-care plan will also help you to keep track of what activities work best for you.

We have included activities in this booklet that have helped others, but you may already have some of your own ideas already.



## The Broken Phone Analogy

Not practicing self-care is like continuously using a broken phone. Yes, it works, but it doesn't work as well as it could if it were in good condition. It glitches sometimes, and unless it is treated, it will continue to glitch. Eventually, it will stop working.

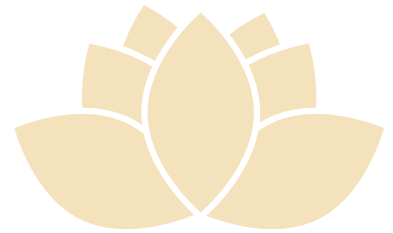
Permanent phone damage can be prevented by covering the phone with a case or keeping it out of the water. Taking action quickly increases the chances of a full recovery. Similarly, practicing self-care by creating healthy habits reduces our stress. This helps us to strengthen our relationships, gain mental and physical energy, and improve our grades and/or work performance.



# Tips for Avoiding Burnout

## Be Aware of your Emotions

Take time to 'check in' with yourself. Talking to others, mindfulness techniques and journaling can be helpful to **relax and unwind**.



## Take Time to Do Things You Enjoy

You need to take time to recharge and do what you enjoy so that you can continue to provide the best education to your students.

Try to plan weekends in advance, visit family and friends and give yourselves a break from work.

This is about you, and **engaging with more of the things that you love**.



## Saying No & Maintaining Boundaries

Sometimes we need to **learn to say no**. It's easy to feel like we're letting people down by saying no, but this is not the case.

Sometimes we need to say no to protect our own health and wellbeing. Whether this is because we have limited time or a long to-do list. Taking on too much can quickly become overwhelming.

Remember your values and what matters to you both in and outside of work.



# Healthy Habits

## Food

A well balanced diet is important for a healthy body and a healthy mind. A healthy diet can help to improve our mood, provide us with more energy and help us to think more clearly.

- Try choosing foods that release energy slowly. These include: rice, oats, pasta, nuts and cereals etc.
- Remember to eat breakfast or take breakfast to work.



## Hydration

It's important to stay hydrated throughout the day. It helps our mood and improves concentration.

- Carry a water bottle with you so you can refill it through the day.
- Try to choose water over fizzy drinks.
- Add fruit to your water. Many people prefer flavoured water and this can help you drink more than you usually would.

## Sleep

Sleep is vital for us to recharge after a long day. It helps us to feel refreshed, improves concentration, think clearly and improves memory. Most adults need seven to nine hours sleep.

- Try to establish a routine. Go to bed and wake up at the same time every day, even on weekends.
- Avoid caffeine, alcohol and large meals close to bedtime.
- Avoid using screens in the hour before bedtime. Consider reading or another relaxing activity instead.
- Try to keep your room a comfortable temperature.
- Exercise in the day or early evening so you have time to unwind before bed.



## Exercise

All movement is good movement. Exercise doesn't need to be painful and you don't need to do a 5k or join the gym. Find things you enjoy.

- Dance in the kitchen to your favourite song
- Follow a YouTube Yoga session
- Take the dogs for a walk around the street



## Nature

- Spend more time in green spaces
- Do some gardening
- Do hobbies outside



# Mindfulness



## 54321 Grounding Technique

Take some time to become mindful of your breath. Take a few deep breaths, slowing everything down and become aware of your environment...

### 5 things you can see

Take time to really notice what you can see. Pay attention to the grain on the coffee table or the shape and colour of the leaves on the office plants.

### 4 things you can touch

Pay attention to the feeling of your shirt touching your neck or the sensation of the pen in your hands.

### 3 things you can hear

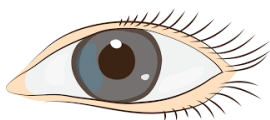
Can you hear any traffic in the distance or maybe the sound of the clock ticking on the wall.

### 2 things you can smell

If there are no obvious smells around you, pay attention to your own perfume or the smell of your hair.

### 1 thing you can taste

Can you taste tea or coffee or maybe the taste of a sweet or chocolate.



# Breathing Exercises

## DIAPHRAMATIC BREATHING

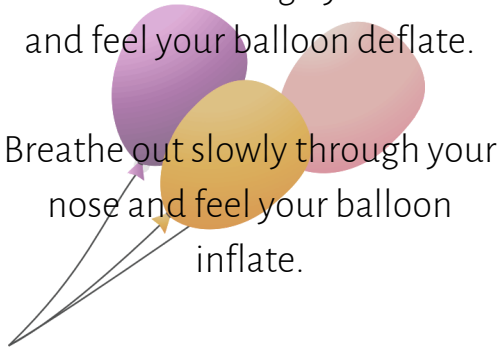
Imagine your stomach is like a balloon.

Place your hands on your stomach.

Breathe in through your nose and feel your balloon deflate.

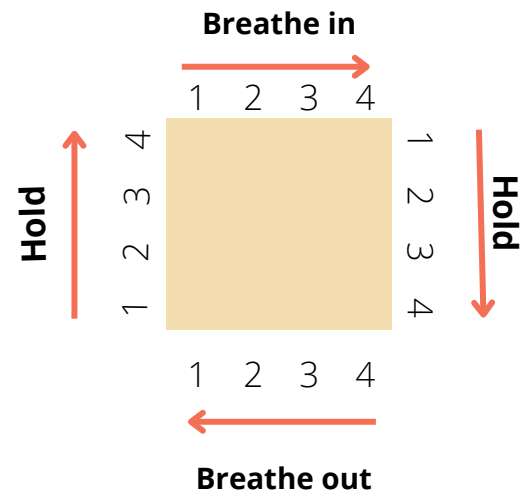
Breathe out slowly through your nose and feel your balloon inflate.

Repeat however many times necessary.



## SQUARE BOX BREATHING

Using the breath to focus the mind, follow along with the arrows below, or focus on any square in your surroundings.



**It's "just" breathing. How can it be so powerful?**

The parasympathetic nervous system (also called the "rest and digest" system), is activated when we slow down our breathing.

The vagus nerve (which oversees things like mood, digestion and heart rate) is also activated as a result of deep breathing.

It's science!

# Self-Compassion

We are often supportive, understanding and compassionate to others, but are much harsher and critical towards ourselves in the same situation. Learning to be more compassionate with ourselves leads to a calmer mind, better relationships, less anxiety and depression, and an increased sense of self worth.

## Treat Yourself the Way you Treat Others

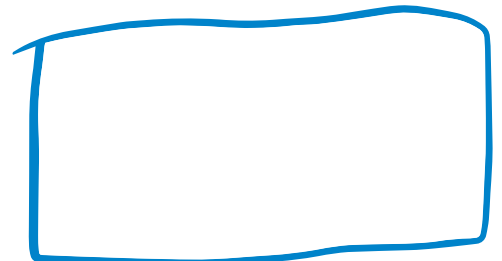
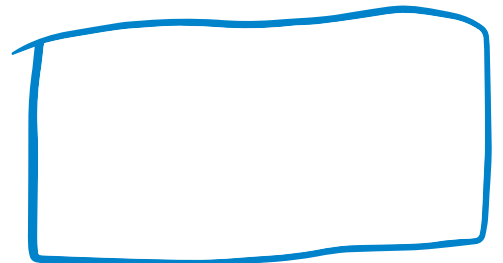
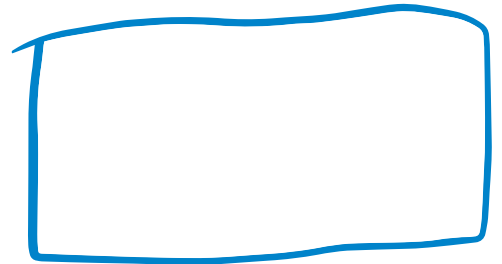
We are much more understanding and compassionate with someone else, particularly someone we care about. Talk to yourself the way you would talk to someone else in the same situation.

*"If someone else was telling me these things, what would I say to them?"*

Replace *"I'm sorry..."* with *"Thank you..."*  
e.g. if you arrive late for a meeting, say *"Thank you for waiting for me."*

## Learn to Love Yourself Challenge

Have a go at writing one positive thing about yourself each day. It might feel uncomfortable at first, but give it time.



# STRESS BUCKET

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## INTERPERSONAL STRESS

These are stressors that involve relationships with people around you, including family, friends, colleagues, romantic and sexual relationships, and your wider network.

## WORK STRESS

This can be related to academic (school, university, etc) stress or work-related stress e.g. deadlines, studying, general pressures & expectations

## ENVIRONMENTAL STRESS/LIFE EVENTS

Includes any difficult events or situations in your life, in your wider society, e.g. unemployment, a pandemic, a divorce, life transitions, etc

## INTRAPERSONAL STRESSORS

These are 'internal' factors that include your mental health difficulties, unhelpful beliefs, negative/critical thoughts about yourself. "Inter" means between and "intra" means within the person e.g. physical, psychological, spiritual, etc.

## UNHELPFUL COPING STYLES

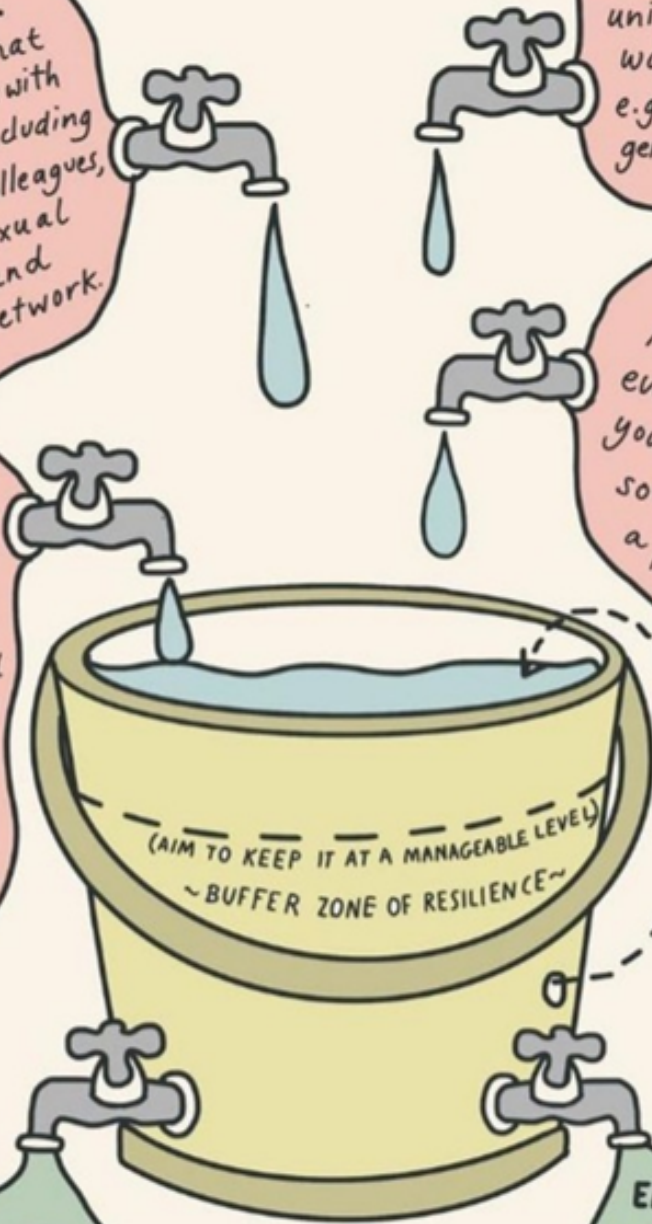
These are things we use to provide us with short term relief but in the long term, contributes to the problem. Examples include: avoiding the issue, alcohol/substance use, procrastination, and distractions.

## PROBLEM FOCUSED COPING

Problems in life can worsen or trigger symptoms. Removing the problem through specific steps (taught in problem-solving techniques sessions), will directly reduce stress by removing or minimizing the issue directly. Aim is to APPROACH rather than AVOID.

## EMOTION - BASED COPING

Sometimes in life we face problems that we have no control over - and resisting this only drains us further. Therefore skills in acceptance, tolerating uncertainty, mindfulness and self-compassion, focuses on working with the uncomfortable emotions that come with stress.



# My Support Network

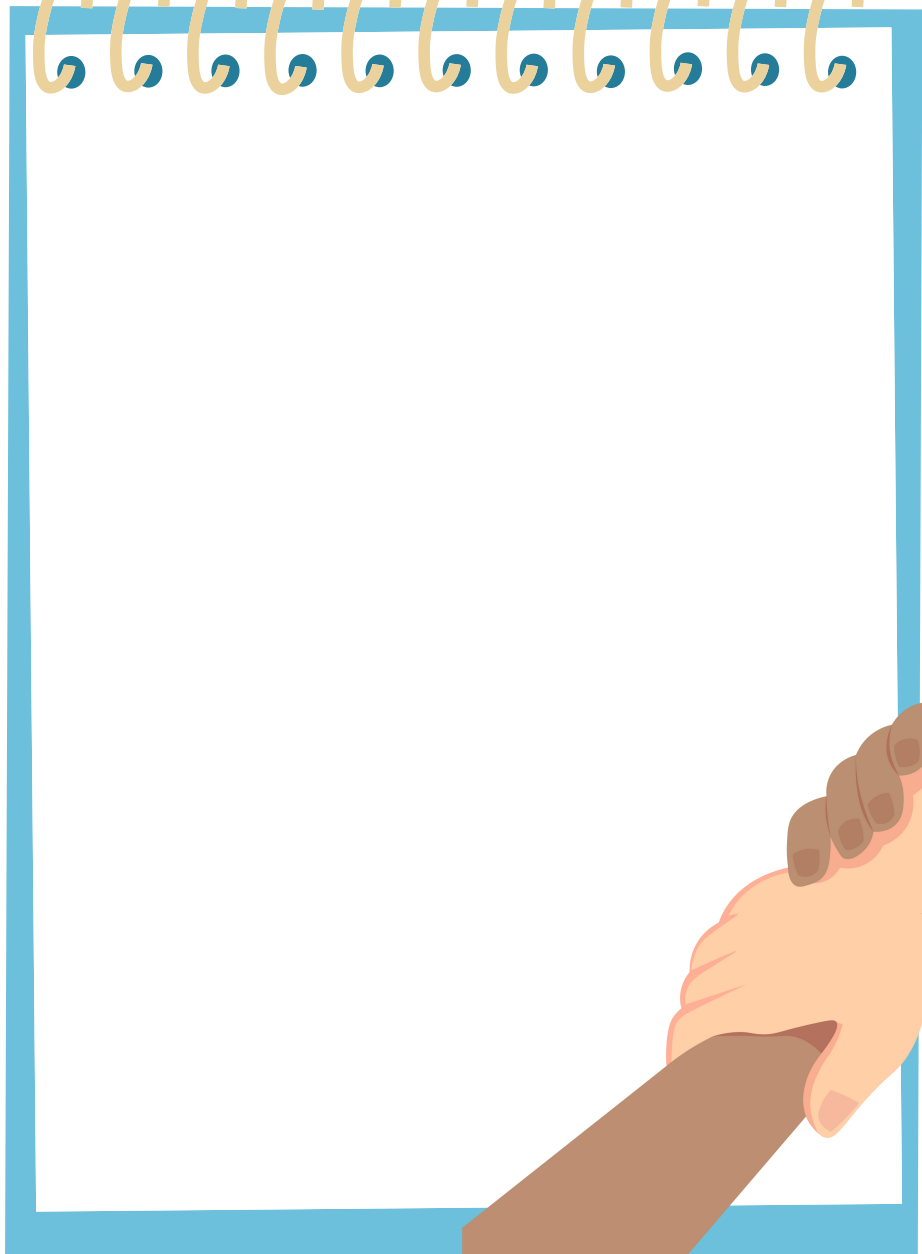
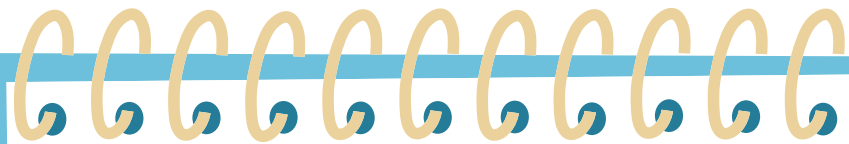
Take some time to consider the names of anybody who can help to make you feel better when you are having a difficult time. This could be family, friends, colleagues or even a pet.



## Did you Know?



*The brain chemical 'Oxytocin' (the cuddle chemical) is important to our everyday lives as this chemical counters the effects of cortisol (a stress hormone). Increased levels of oxytocin can relax us and aid sleep.*





# Write it Down

Please feel free to do what you want with this page. This is a space for you to use it how you wish to. Perhaps try writing down your worries and concerns. This can help you manage your thoughts. We have included some prompts if you need them.

**WHAT ARE THE  
MAIN THINGS  
THAT CAUSE ME  
TO HAVE  
DIFFICULT  
FEELINGS?**

**WHICH ACTIVITIES  
WILL HELP WITH  
THESE FEELINGS?**

**WHAT MIGHT BE A  
BARRIER TO MY  
SELF-CARE?**

**SOMETHING ELSE I  
COULD TRY:**

*Feel free to take a copy of this page to use regularly!*



# Write it Down

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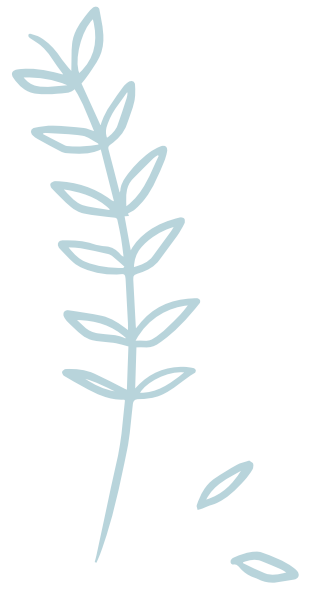
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# Self Care Plan

## ACTIVITIES TO TRY:

1

4

2

5

3

6

## THE ACTIVITIES THAT HELPED THE MOST:



# Daily Planner

Date:  Mood:

**Goal for Today**

**To-Do List**

- .....
- .....
- .....
- .....
- .....

**Routines**

- .....
- .....
- .....
- .....
- .....
- .....
- .....
- .....

**Notes**



# Weekly Planner

**Plan your favourite self-care activities.**

*Scheduling in self-care will help you to prioritise this time just for you. Remember, your mental health is important.*

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY, SATURDAY & SUNDAY

*Feel free to take a copy of this page to use regularly!*

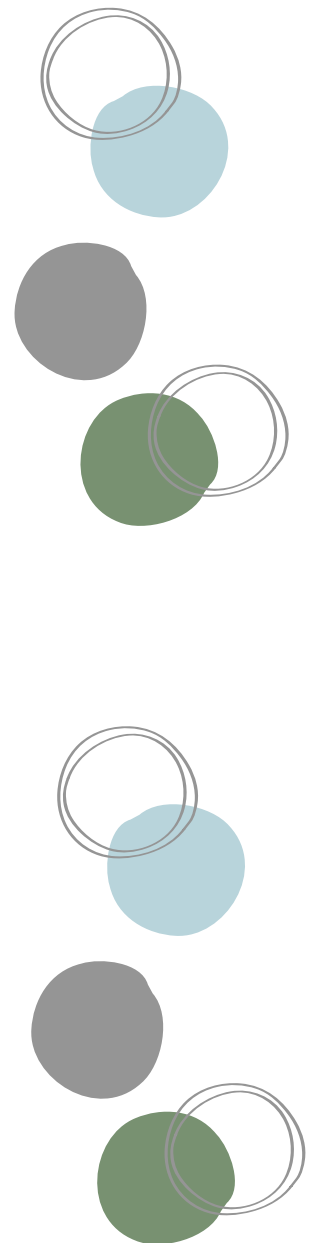


# Activity Ideas

It's important to take time out of your day to **decompress and relax**.

The key thing here is to **soothe yourself**; try and use all of your five senses if you can. Here are some examples of activities you could try:

- Read a book
- Go for a run
- Take the dogs for a walk
- Mindful colouring
- Try some painting
- Try a new recipe
- Bake a cake
- Have a pamper night
- Listen your favourite music
- Start learning a new language
- Take a bubble bath
- Meet some friends for coffee
- Play cards
- Watch a TV series
- Dance
- Do a puzzle
- Watch YouTube
- Video call family/friends
- Play a video game
- Write a short story
- Light some scented candles
- Spend 5 minutes in the garden
- Pause and take a breath
- Burn some essential oils



# Helpful YouTube Videos



# Helpful Apps



iBreathe



MindShift  
CBT





# Further Help

If you feel that you need more help, please speak to your GP, or reach out to one of the organisations below.

Mind  
infoline -0300 123  
3393  
[www.mind.org.uk](http://www.mind.org.uk)

Samaritans  
116 123  
[www.samaritans.org](http://www.samaritans.org)

Live Fear Free  
Helpline:  
0808 80 10 800  
Text: 078600 77333

Emergency Services:  
999

*This booklet was created by the Cwm Taf Morgannwg School In-Reach Emotional Wellbeing Team (SHINE) who are based in Children & Adolescent Mental Health Services (CAMHS).*



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Cwm Taf Morgannwg  
University Health Board

# Taking Care of Me

**A SELF-CARE GUIDE FOR TEENS:  
HELPING ME TO PUT ME FIRST,  
BE HAPPY & STAY HEALTHY**



ScHools INreach Emotional  
Wellbeing Service



# Self-Care



## WHAT IS SELF-CARE AND WHY IS IT IMPORTANT?

It is important to take care of our body, but it is also essential to **take care of our mental health too.**

Many of us are familiar with feelings of worry, stress, sadness or low mood every now and then. Relationships with friends, family, our home lives, worries about school and the news can all contribute negatively to the way we feel; this is completely understandable and normal.

So what can we do when we're having these difficult feelings? Well, there are lots of self-care activities that we can try to help keep our mental wellbeing in good shape.

**Self-care is about all of the things that you can do to keep yourself feeling good or help yourself to feel better on the not so good days.**

**Self-care can look different for everyone.**

**Some examples might be: being with friends, playing sports, using art, dancing or spending time with pets.**

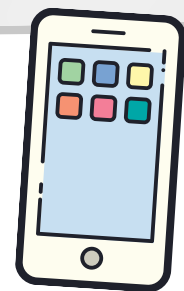
**Basically, anything that makes you smile and feel good!**



### *The Broken Phone Analogy*

Not practicing self-care is like continuously using a broken phone. Yes, it works, but it doesn't work as well as it could if it were in good condition. It glitches sometimes, and unless it is treated, it will continue to glitch. Eventually, it will stop working.

Permanent phone damage can be prevented by covering the phone with a case or keeping it out of the water. Taking action quickly increases the chances of a full recovery. Similarly, practicing self-care by creating healthy habits reduces our stress. This helps us to strengthen our relationships, gain mental and physical energy, and improve our grades and/or work performance.



**Use this booklet to try out some different self-care activities for yourself. See what activities you prefer; not everything works for everyone. Remember: It's okay to ask for help when you need it.**

# Planning & Prioritising Self-Care

**Remember to set aside some time to plan your favourite self-care activities!**

Scheduling in self-care will help you to remember how often you want to do it and remember the importance of it.

Creating a self-care plan will also help you to keep track of what activities work best for you.

We have included activities in this booklet that have helped others, but you may already have some of your own ideas already.

**Sometimes it is easier to break activities down into four categories:**



**PHYSICAL**



**SOCIAL**



**EMOTIONAL**



**PRACTICAL**

# Healthy Habits



## S L E E P

**Good sleep is important for good mental health.**

**Try to:**

Stick to a routine

Listen to sleep music

Try not to use technology 1 hour before bed

Have sweet stuff earlier in the day

Avoid energy drinks if you can



## F O O D

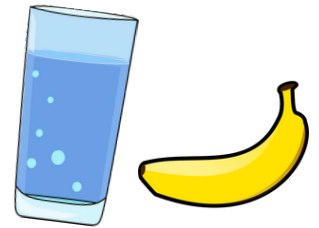
**The things we eat and drink can influence our mental health.**

**Try to:**

Limit sugar intake

Drink up to 8 glasses of water a day

Remember your 5-a-day



## E X E R C I S E

**Exercise doesn't have to be sweaty and painful.**

Can you do a fun activity?

Can you walk the dog?

Can you go for a walk with friends?

Can you dance to your favourite songs?



## N A T U R E

**Spending time in nature can be wonderful for our mental health.**

**Try to:**

Spend time in green spaces

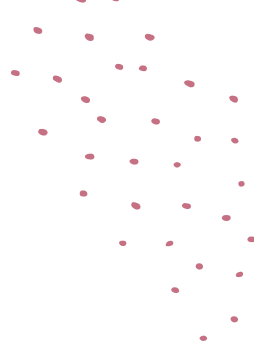
Do some gardening

Notice the different birds










Do hobbies outside



# What Do I Enjoy?



An important part of self-care is finding out & remembering our favourite things,  
as they can help to keep us happy.  
This is about you, and the things that you love.

- 
- 
- 
- 
- 
- 
- 
- 
- 

If you get stuck, there is a list of suggested activities on page 20

# What Do I Enjoy?

Uplifting music and physical exercise can give our mood a boost!

This is because our brain chemicals called **endorphins** are released when we exercise.

## MY FAVOURITE SONGS TO DANCE TO:



1

2

3

4

5

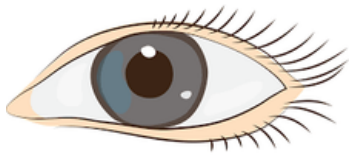
6



# Mindful Moments

Being mindful means being aware of what is going on around you and how you are feeling.

When you are feeling overwhelmed or experiencing difficult thoughts or feelings, it is helpful to notice:



**FIVE**

Things you can see

---

**FOUR**

Things you can hear



**THREE**

Things you can touch

---

**TWO**

Things you can smell



**ONE**

Thing you can taste



# Breathing Exercises

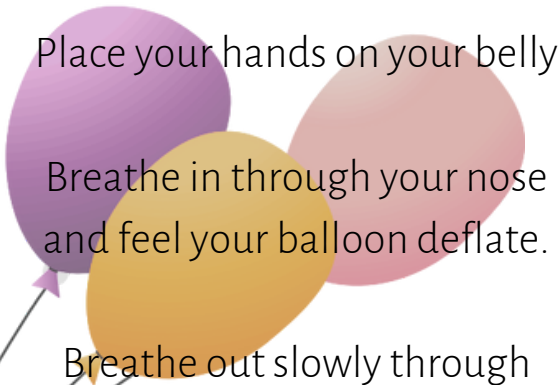
## BALLOON

Imagine your belly is a balloon

Place your hands on your belly

Breathe in through your nose and feel your balloon deflate.

Breathe out slowly through your nose and feel your balloon inflate.



## DRUM

Imagine your breath is like a marching band and you are beating it very slowly.

Breathe to the beat.

Breathe in to the beat of four.

Breathe out to the count of four.



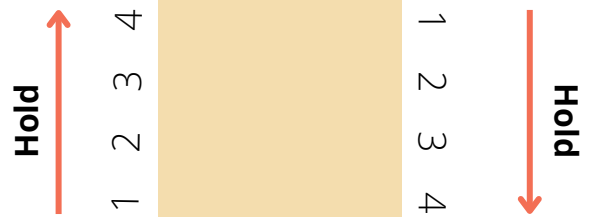
## SQUARE

Using the breath to focus the mind

**Breathe in**



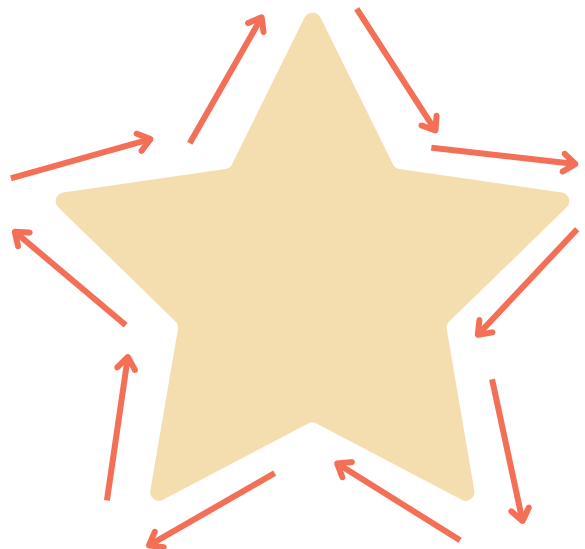
1 2 3 4



**Breathe out**

## STAR

Trace the star with your finger. Breathe in and out slowly as you trace around the star.





# 30 DAY Creative Challenge

*A creative challenge for you to try each day!*

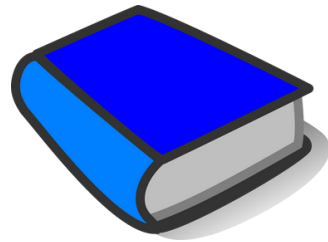
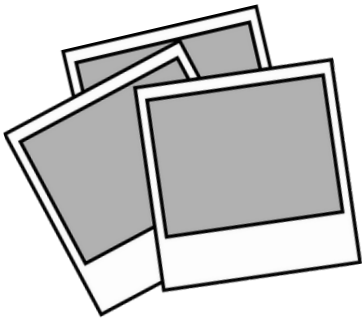
<p><b>DAY 1</b></p> <p>Draw a picture of something that makes you laugh or smile.</p>	<p><b>DAY 2</b></p> <p>Try to juggle.</p>	<p><b>DAY 3</b></p> <p>Spend a day wearing your favourite colour.</p>	<p><b>DAY 4</b></p> <p>Write a thank you note to someone who has been kind to you.</p>	<p><b>DAY 5</b></p> <p>Plant a flower or herb garden on your window sill.</p>
<p><b>DAY 6</b></p> <p>Learn to make origami.</p>	<p><b>DAY 7</b></p> <p>Learn to cook a new recipe.</p>	<p><b>DAY 8</b></p> <p>Find out what song was number one your last birthday and perform it!</p>	<p><b>DAY 9</b></p> <p>Learn how to say hello in ten languages.</p>	<p><b>DAY 10</b></p> <p>Create a vision board.</p>
<p><b>DAY 11</b></p> <p>Organise your bedroom</p>	<p><b>DAY 12</b></p> <p>Learn a magic trick with playing cards.</p>	<p><b>DAY 13</b></p> <p>Write a short story for your favourite movie character.</p>	<p><b>DAY 14</b></p> <p>Create a collage with your favourite pictures.</p>	<p><b>DAY 15</b></p> <p>Create a dance to your favourite song. Challenge others to learn it too.</p>
<p><b>DAY 16</b></p> <p>Create your own jigsaw puzzle.</p>	<p><b>DAY 17</b></p> <p>Learn how to spell your name in British Sign Language.</p>	<p><b>DAY 18</b></p> <p>Make something really tall with somebody!</p>	<p><b>DAY 19</b></p> <p>Write a song about your feelings.</p>	<p><b>DAY 20</b></p> <p>Rearrange your bedroom</p>
<p><b>DAY 21</b></p> <p>Eat something you've never tried before!</p>	<p><b>DAY 22</b></p> <p>Do something kind for your neighbour.</p>	<p><b>DAY 23</b></p> <p>Research your family tree.</p>	<p><b>DAY 24</b></p> <p>Create a music playlist to share with others.</p>	<p><b>DAY 25</b></p> <p>Build a house of playing cards.</p>
<p><b>DAY 26</b></p> <p>Design your own magazine.</p>	<p><b>DAY 27</b></p> <p>Design a family shield.</p>	<p><b>DAY 28</b></p> <p>Learn a yoga pose.</p>	<p><b>DAY 29</b></p> <p>Create a bucket list.</p>	<p><b>DAY 30</b></p> <p>Create a hope box of things and items which make you smile.</p>

# Self-Soothe Box

A self-soothe box is a box that is **personal to you.**

It is filled with things that can help you to feel better when you're experiencing difficult thoughts or feelings.

You could even create your own self-soothe box as a self-care activity!



Many people find it helpful to use items that feel good to each of the **five senses.**



Hear

See

Smell

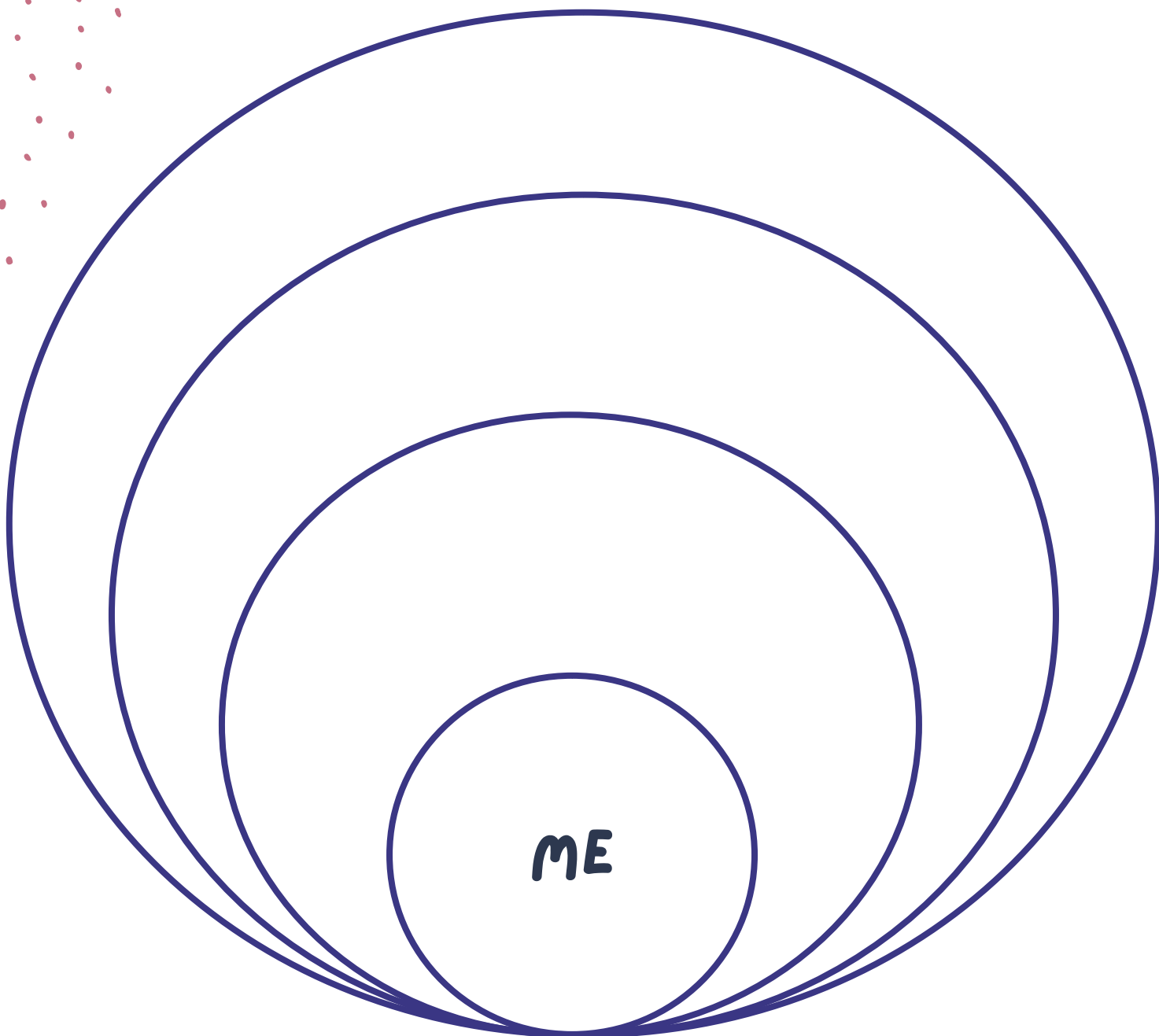
Touch

Taste

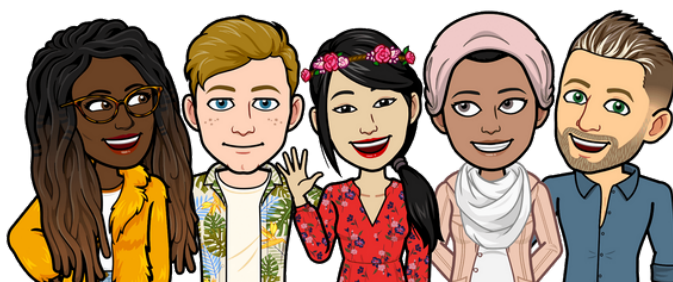


# My Circle of Support

Use these circles to write down the names of anybody who can help to make you feel better when you are having difficult feelings. This could be family, friends, teachers or even a pet!



ME





# The 7 Day Learn to Love Yourself Challenge

Sometimes we forget to remember all of the wonderful things about ourselves.

*Have a go at writing one positive thing about yourself each day.  
These might be "I am loving", "I am kind" or "I am caring".  
You decide!*

1

2

3

4

5

6

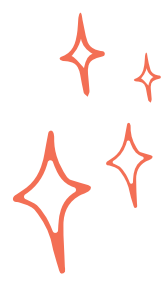
7

***When you've finished, cut out each box and  
keep them in your self-soothe box.  
Feel free to keep writing more on a separate piece of paper!***





# My Self-Care Plan



## ACTIVITIES TO TRY:



1

4

2

5

3

6

## THE ACTIVITIES THAT HELPED THE MOST:





# My Self-Care Plan

**WHAT ARE THE MAIN THINGS THAT CAUSE ME TO HAVE DIFFICULT FEELINGS?**

**WHICH ACTIVITIES WILL HELP WITH THESE FEELINGS?**

**WHAT MIGHT BE A BARRIER TO MY SELF-CARE?**

**SOMETHING ELSE I COULD TRY:**



# Daily Planner

Date:  Mood:

**Goal for Today**

**To-Do List**

- .....
- .....
- .....
- .....
- .....
- .....

**Routines**

- .....
- .....
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- .....
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- .....

**Notes**

# Daily Planner

Date:  Mood:

**Goal for Today**

**To-Do List**

- .....
- .....
- .....
- .....
- .....

**Routines**

- .....
- .....
- .....
- .....
- .....
- .....
- .....
- .....

**Notes**



# Weekly Planner

**Time to plan your favourite self-care activities.**

*Scheduling in self-care will help you to prioritise this time just for you. Remember, your mental health is important.*

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY, SATURDAY & SUNDAY



# Activity Ideas

Draw or paint  
Learn a new topic  
Read a book  
Take photos  
Watch YouTube  
Stargaze in the garden  
Write a poem  
Play cards  
Watch a movie  
Do a puzzle  
Play an instrument  
Play in the garden  
Listen to music  
Bake a dessert  
Play a board game  
Make origami  
Try a new food  
Dance  
Play video games  
Relaxation  
Video call family or friends  
Read a magazine  
Watch a TV series

. Create a playlist with your friends

Take part in a photography challenge with your friends

Join a local youth group

Try some relaxation techniques

Have a pamper evening

Burn some essential oils

Create a self-soothe box

Write a short story

# Helpful Videos on Self-Care



# Helpful Apps



Calm Harm



Clear Fear



HEADSPACE

# Where Can I Find More Help?

If you or someone you know needs help right now, you should, if possible, try to talk to a parent or carer or a trusted adult such as your GP.

If talking to an adult is not possible, you can find a list of organisations which offer 24-hour support by text, email and phone:

Childline  
0800 1111  
[www.childline.org.uk](http://www.childline.org.uk)

Samaritans  
116 123  
[www.samaritans.org](http://www.samaritans.org)

Emergency Services:  
999

*This booklet was created by the Cwm Taf Morgannwg School In-Reach Emotional Wellbeing Team (SHINE) who are based in Children & Adolescent Mental Health Services (CAMHS).*

# Taking Care of Me

**A SELF-CARE GUIDE:  
HELPING ME TO BE HAPPY & HEALTHY**



ScHools INreach Emotional  
Wellbeing Service



# Self-care

## WHAT IS SELF-CARE AND WHY IS IT IMPORTANT?

It is important to take care of our body, but it is also very important to **take care of our mental health too.**

**Self-care is about all of the things that you can do to keep yourself feeling good or help yourself to feel better on the not so good days.**

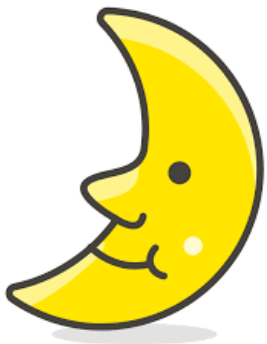
**Self-care is a way of keeping our mental health and wellbeing in good shape!**



**Self-care can look different for everyone. Some examples might be: being with friends, playing sports, drawing, dancing or spending time with pets. Basically, anything that makes you smile and feel good!**

**Use this booklet to try out some different self-care activities for yourself. See what activities are your favourite.**

# Healthy Habits



## SLEEP

**Good sleep is very important for good mental health.**

**Try to:**

Stick to a routine

Listen to sleep music

Try not to use technology close to bedtime

Have sweet stuff earlier in the day



## FOOD

**The things we eat and drink can influence our mental health.**

**Try to:**

Limit sugar intake

Drink up to 8 glasses of water a day

Eat lots of delicious fruit and veg



## EXERCISE

**Exercise doesn't have to be sweaty and painful.**

Can you do a fun activity?

Can you walk the dog?

Can you dance to your favourite songs?



## NATURE

**Spending time in nature can be wonderful for our mental health.**

**Try to:**

Spend time in green spaces

Do some gardening with a parent or carer

Notice the different birds





# My Favourite things

Finding out & remembering our favourite things  
can help to keep us happy!

## MY FAVOURITE THINGS TO DO ARE:

- 
- 
- 
- 
- 

## DRAWING MY FAVOURITE THINGS:

A large, empty rectangular box with a thick orange border, intended for drawing the favorite things mentioned in the list above.

# My Favourite Things

Finding out & remembering our favourite things  
can help to keep us happy!

## MY FAVOURITE SONGS TO DANCE TO:

UPLIFTING MUSIC AND  
PHYSICAL EXERCISE CAN GIVE  
OUR MOOD A BOOST!



1

2

3

4

5

6



# Mindful Moments

Being mindful means being aware of what is going on around you and how you are feeling.

When I feel bad, sad, worried or scared, it is helpful and calming for me to notice:

**FIVE**



Things I can see

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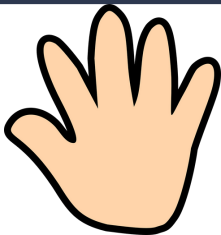
**FOUR**

Things I can hear



**THREE**

Things I can touch



**TWO**

Things I can smell



**ONE**

Thing I can taste



# Breathing Exercises

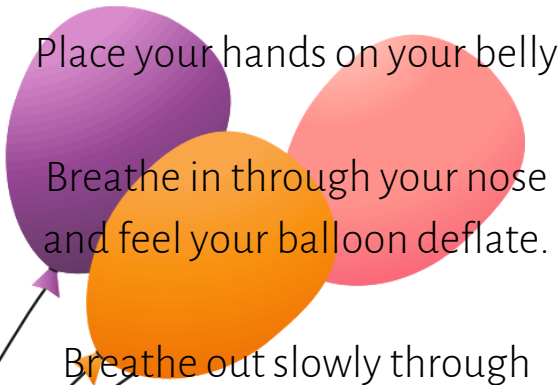
## BALLOON

Imagine your belly is a balloon

Place your hands on your belly

Breathe in through your nose  
and feel your balloon deflate.

Breathe out slowly through  
your nose and feel your  
balloon inflate.



## DRUM

Imagine your breath is like a  
marching band and you are  
beating it very slowly.

Breathe to the beat.

Breathe in to the beat of four.

Breathe out to the count of  
four.



## HOT PIE

Imagine that a warm apple pie  
has just come out of the oven.

Breathe in slowly to smell all  
the flavours.

Then breathe out again and  
get ready for the next breathe  
in.



## TURTLE

Close your eyes and imagine  
you are a turtle swimming  
through the ocean.

Breathe in slowly and fill your  
belly with as much air as you  
can.

Blow out slowly through your  
mouth and watch the bubbles  
float through the water.





# 30 DAY Creative Challenge

*A creative challenge for you to try each day!*

<p><b>DAY 1</b></p> <p>Draw a picture of something that makes you laugh or smile</p>	<p><b>DAY 2</b></p> <p>Try to juggle with three pieces of fruit.</p>	<p><b>DAY 3</b></p> <p>Spend a day wearing your favourite colour.</p>	<p><b>DAY 4</b></p> <p>Write a thank you note to someone who has been kind to you.</p>	<p><b>DAY 5</b></p> <p>Decorate eggs to look like your favourite animal.</p>
<p><b>DAY 6</b></p> <p>Learn to make an origami butterfly</p>	<p><b>DAY 7</b></p> <p>Learn to cook a new recipe</p>	<p><b>DAY 8</b></p> <p>Find out what song was number one your last birthday and perform it!</p>	<p><b>DAY 9</b></p> <p>Learn how to say hello in ten languages.</p>	<p><b>DAY 10</b></p> <p>Make a show with sock puppets.</p>
<p><b>DAY 11</b></p> <p>Make some flowers out of paper to decorate your house with.</p>	<p><b>DAY 12</b></p> <p>Learn a magic trick with playing cards.</p>	<p><b>DAY 13</b></p> <p>Write a short story for your favourite cartoon character.</p>	<p><b>DAY 14</b></p> <p>Make a robot out of empty cardboard boxes.</p>	<p><b>DAY 15</b></p> <p>Create a dance to your favourite song. Challenge others to learn it too.</p>
<p><b>DAY 16</b></p> <p>Create your own jigsaw puzzle.</p>	<p><b>DAY 17</b></p> <p>Learn how to spell your name in British Sign Language.</p>	<p><b>DAY 18</b></p> <p>Make something really tall!</p>	<p><b>DAY 19</b></p> <p>Write a song about your feelings.</p>	<p><b>DAY 20</b></p> <p>Create a home for insects.</p>
<p><b>DAY 21</b></p> <p>Have a paper plane throwing contest.</p>	<p><b>DAY 22</b></p> <p>Try to make animal shadow puppets with your hands.</p>	<p><b>DAY 23</b></p> <p>Find five things in your home that are blue.</p>	<p><b>DAY 24</b></p> <p>Create jewellery out of pasta.</p>	<p><b>DAY 25</b></p> <p>Build a house of playing cards.</p>
<p><b>DAY 26</b></p> <p>Design your own magazine.</p>	<p><b>DAY 27</b></p> <p>Design a family shield.</p>	<p><b>DAY 28</b></p> <p>Make a boat that can float in the bath with you.</p>	<p><b>DAY 29</b></p> <p>Create a new animal and describe it. Bonus: Draw it!</p>	<p><b>DAY 30</b></p> <p>Create a hope box of things and items which make you smile.</p>

# My Hope Box



A hope box (also known as a self-soothe box), is a special box just for you.

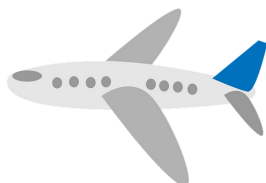
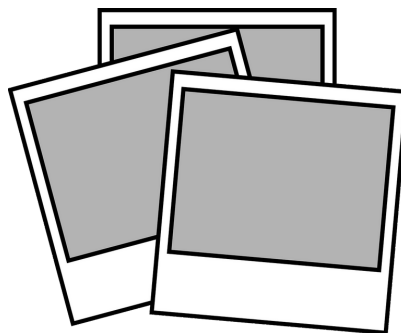
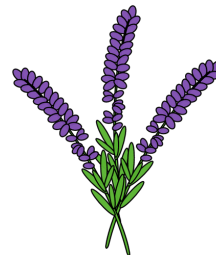
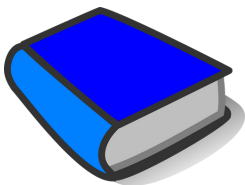
A hope box is filled with things that can help you to feel better when you're feeling upset, sad, worried or scared.

You could even create your own hope box as a self-care activity!



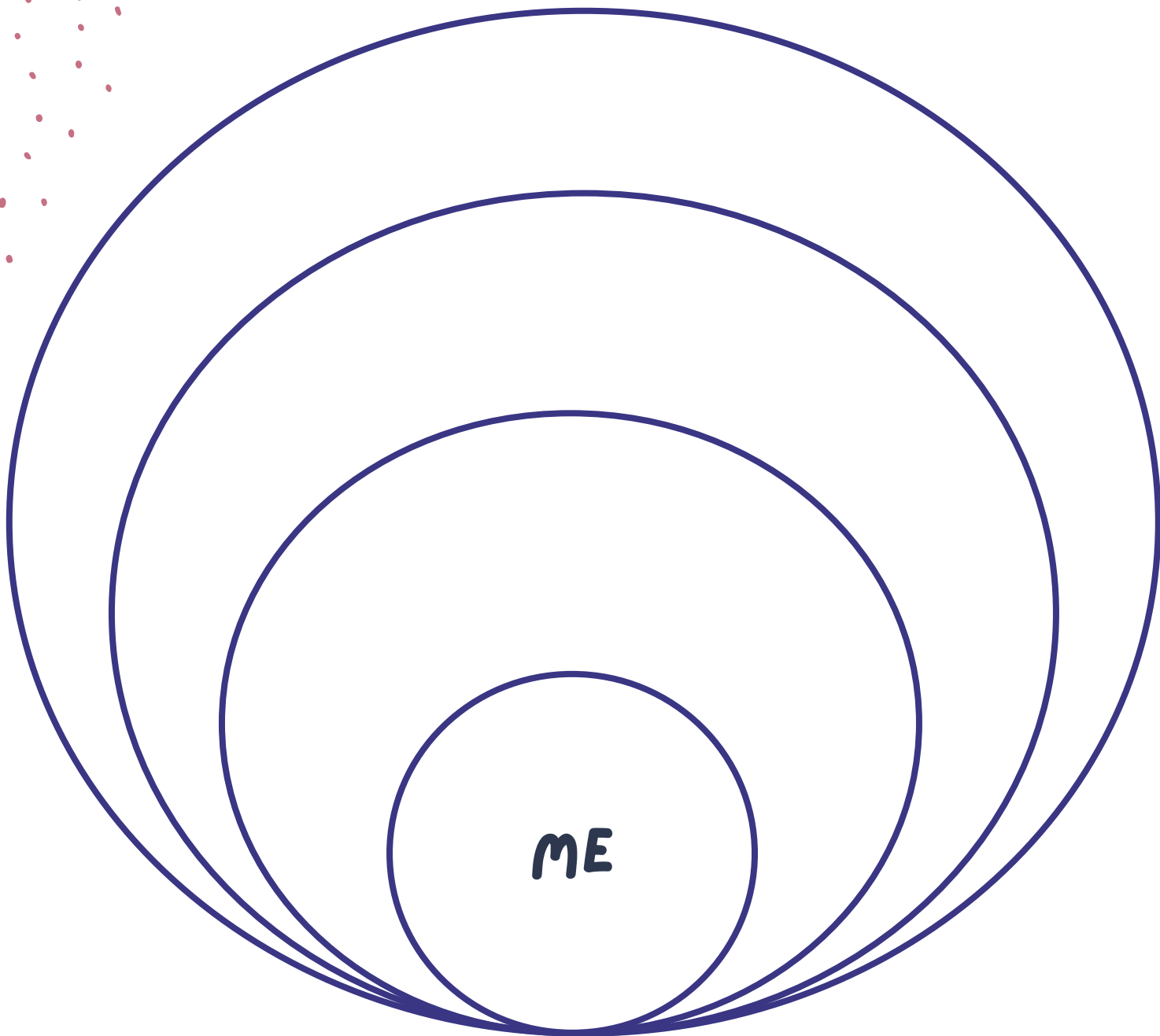
Many people find it helpful to use items that feel good to each of your five senses:

See  
Hear  
Taste  
Touch  
Smell

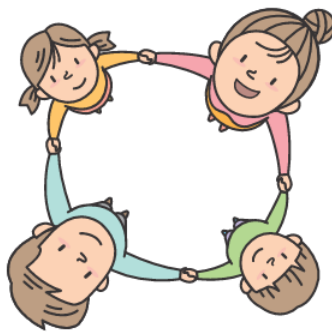


# My Circle of Support

Use these circles to write down the names of anybody who can help to make you feel better when you are sad, worried or scared. This could be family, friends, teachers or even a pet!



ME





# The 7 Day Learn to Love Yourself Challenge

Sometimes we forget to remember all of the wonderful things about ourselves.

*Have a go at writing one positive thing about yourself each day.  
These might be "I am loving", "I am kind" or "I am caring".  
You decide!*

1

2

3

4

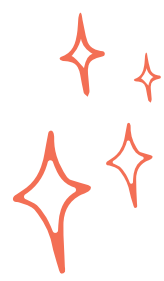
5

6

7

***When you've finished, cut out each box and  
keep them in your hope box (see next page).  
Feel free to keep writing more on a separate piece of paper!***

# My Self-Care Plan



## ACTIVITIES TO TRY:



1

4

2

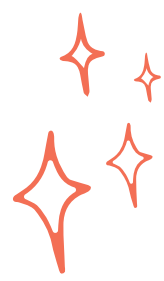
5

3

6

## THE ACTIVITIES THAT HELPED ME THE MOST:





# My Self-Care Plan

**MY FAVOURITE  
ACTIVITY WAS:**

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**BEFORE I  
COMPLETED THE  
ACTIVITY I FELT:**

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**AFTER I  
COMPLETED THE  
ACTIVITY I FELT:**

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**ANOTHER IDEA I  
COULD TRY IS...**

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# Draw It

Date:

For when your brain feels too full,  
have a go at drawing how you feel. What does this feeling  
look like? Is it a character? Is it a colour?

A large, empty rectangular box with a yellow border, intended for drawing.



# Draw It

Date:

For when your brain feels too full,  
have a go at drawing how you feel. What does this feeling  
look like? Is it a character? Is it a colour?

A large, empty rectangular box with a yellow border, intended for drawing.

# My Routines that Help Me

Date:  Mood:

Today I want to...

Today's self-care will be...

Routines

- .....
- .....
- .....
- .....
- .....
- .....
- .....
- .....
- .....

Notes

*Feel free to take a copy of this page to use on a weekly or daily basis!*

# Helpful Videos on Self-Care



SCAN ME



SCAN ME



SCAN ME



# Activity Ideas

Draw or paint  
Learn a new topic  
Read a book  
Take photos  
Watch YouTube  
Stargaze in the garden  
Write a poem  
Play cards  
Watch a movie  
Do a puzzle  
Play an instrument  
Play in the garden  
Listen to music  
Bake a dessert  
Play a board game  
Make origami  
Try a new food  
Dance  
Play video games  
Relaxation  
Video call family or friends  
Read a magazine  
Watch a TV series