

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



S L E E P

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



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

Eat lots of delicious fruit and veg



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 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 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!



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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

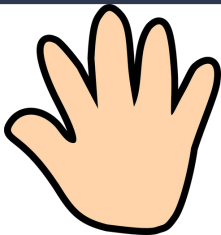
FOUR

Things I can hear



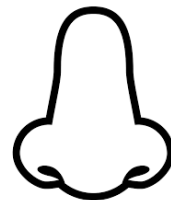
THREE

Things I can touch



TWO

Things I can smell



ONE

Thing I can taste



Breathing Exercises

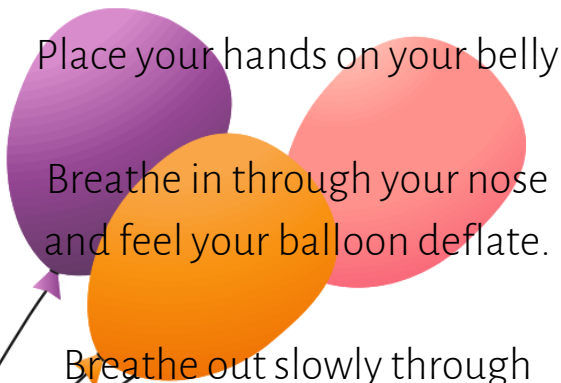
BALLOON

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

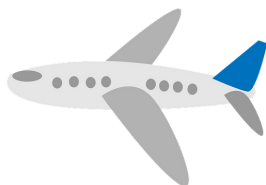
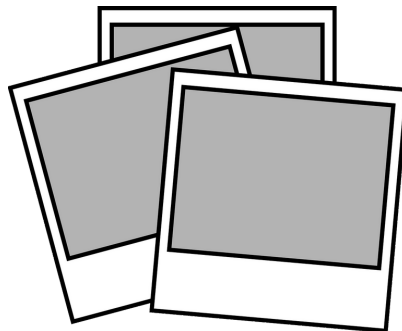
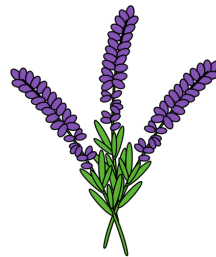
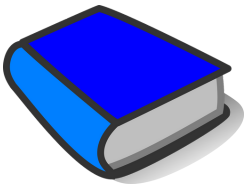
A hope box is filled with things that can help you to feel better when you're feeling upset, sad, worried or scared.

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



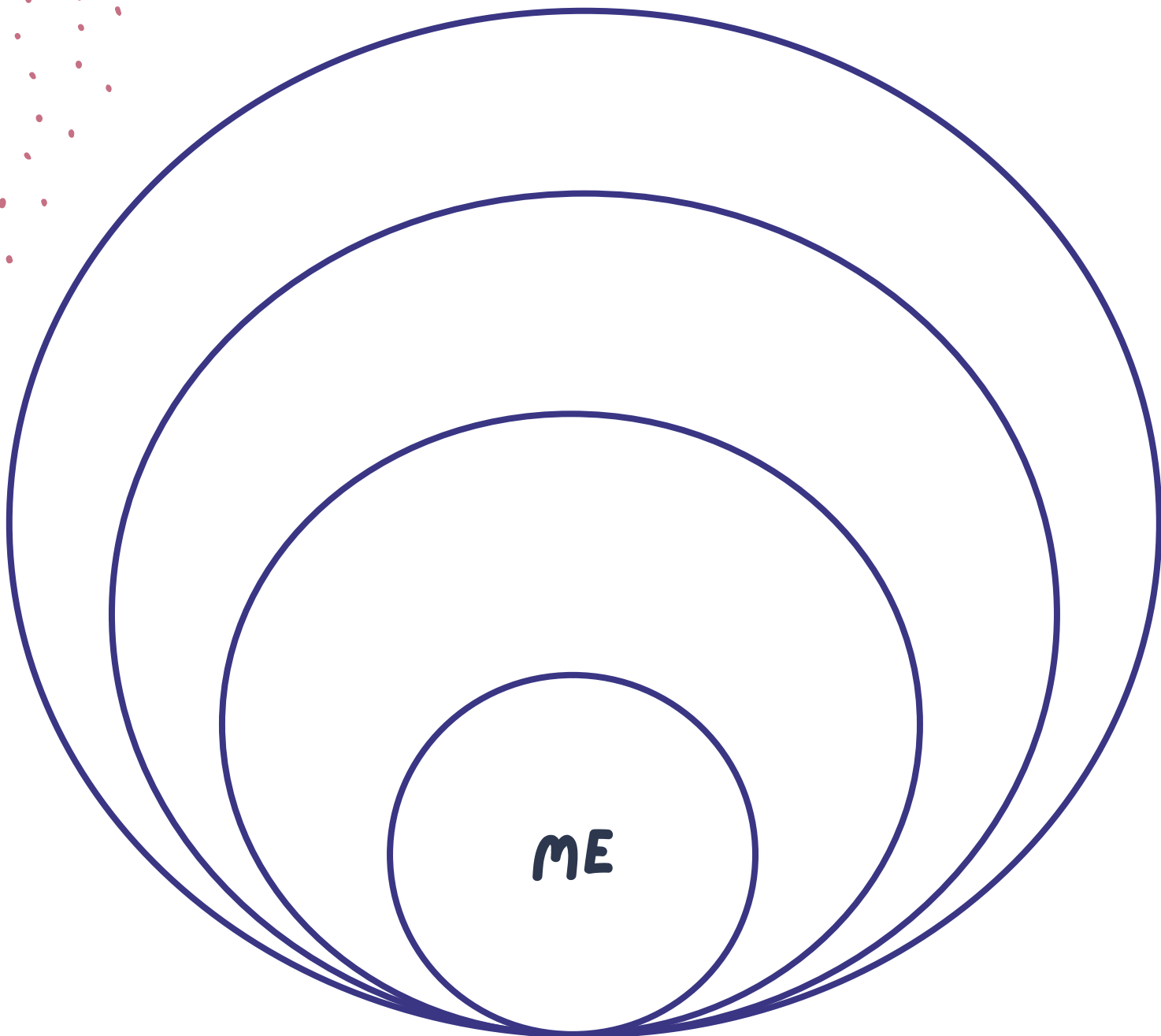
Many people find it helpful to use items that feel good to each of your five senses:

See
Hear
Taste
Touch
Smell

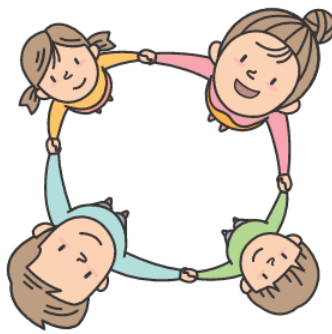


My Circle of Support

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!*

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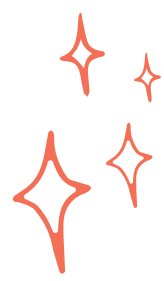
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***When you've finished, cut out each box and
keep them in your hope box (see next page).
Feel free to keep writing more on a separate piece of paper!***

My Self-Care Plan



ACTIVITIES TO TRY:



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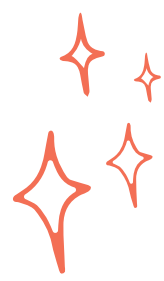
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THE ACTIVITIES THAT HELPED ME THE MOST:





My Self-Care Plan

**MY FAVOURITE
ACTIVITY WAS:**

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

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

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





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
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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

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, the organisations below offer 24-hour support by text, email and phone:

Childline
0800 1111
www.childline.org.uk

Samaritans
116 123
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).