

# taking care of Me

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



Shine



ScHools INreach Emotional Wellbeing Service





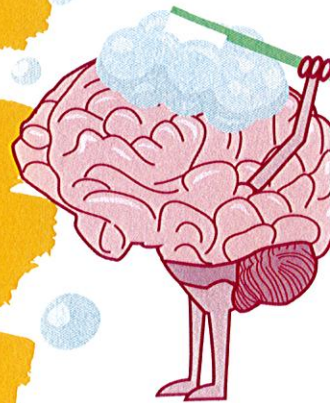
# Self-Care

## 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



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**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



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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  
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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!



1

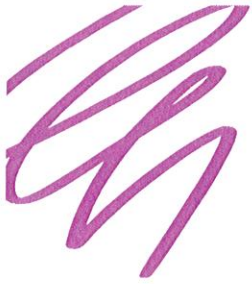
2

3

4

5

6

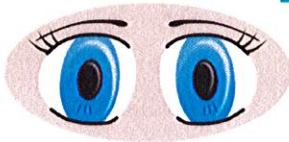


# Mindful Moments

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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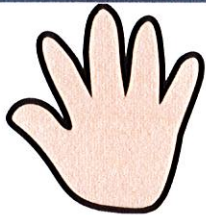
**FOUR**

Things I can hear



**THREE**

Things I can touch



**TWO**

Things I can smell



**ONE**

Thing I can taste



# Breathing Exercises

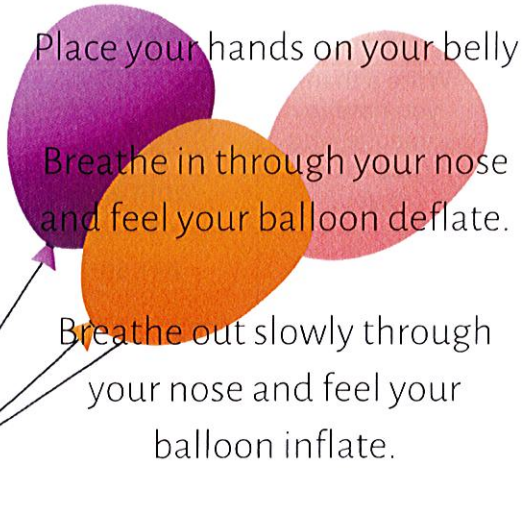
## BALLOON

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.

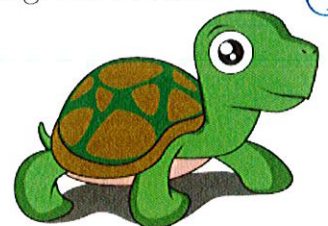


## TURTLE

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!*

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

# My Hope Box



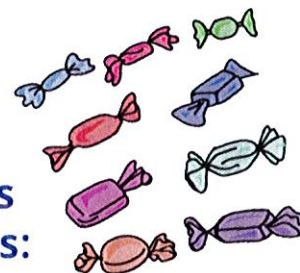
A hope box (also known as a self-soothe box), is a special box just for you.



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

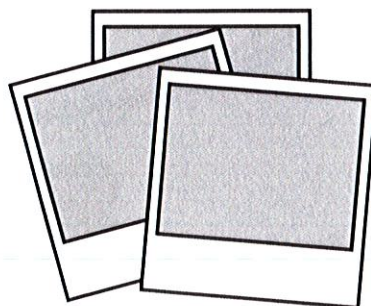
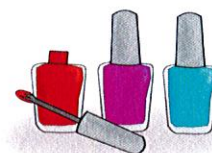


You could even create your own hope box as a self-care activity!



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

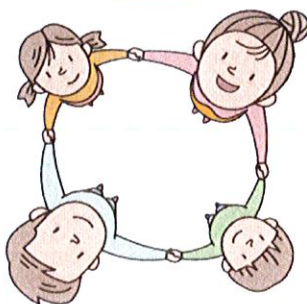
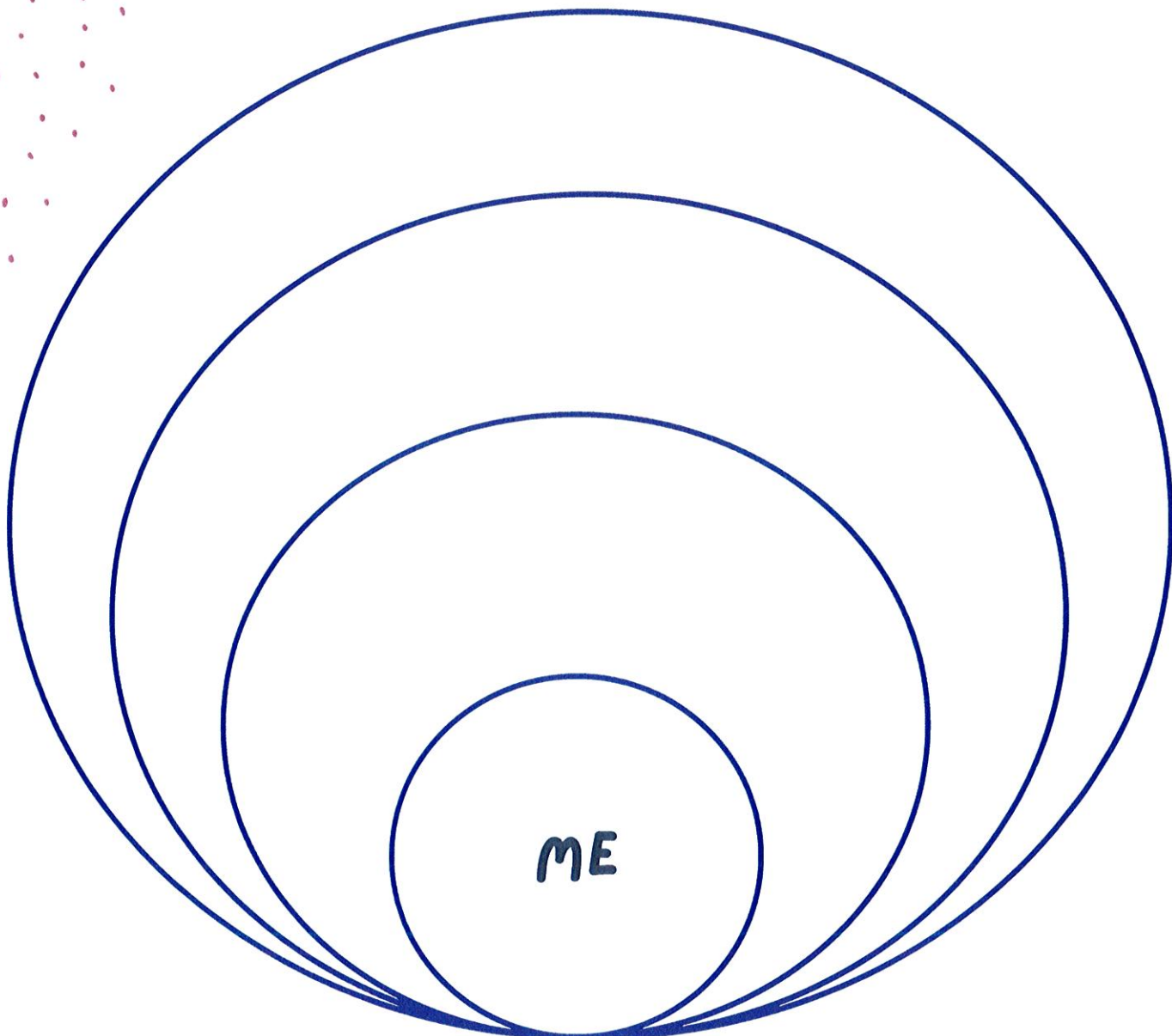
See  
Hear  
Taste  
Touch  
Smell





# 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!





# the 7 Day Learn to Love Yourself Challenge



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

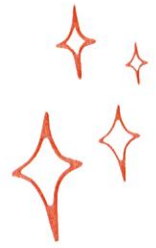
*Have a go at writing one positive thing about yourself each day.  
These might be "I am loving", "I am kind" or "I am caring".  
You decide!*

- 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 thin orange border, intended for drawing.

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

# 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 a representation of a feeling.

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

# My Routines that Help Me

Date:  Mood:

Today I want to...

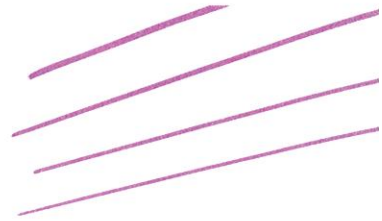
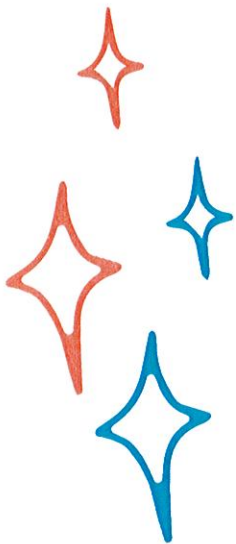
Today's self-care will be...

Routines

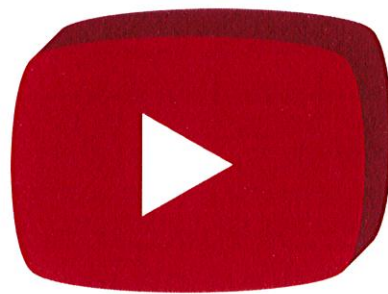
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Notes

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



# Helpful Videos on Self-Care



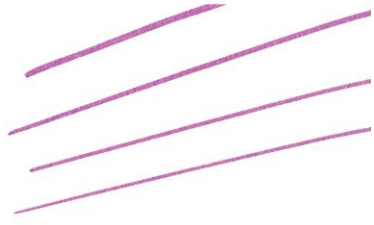
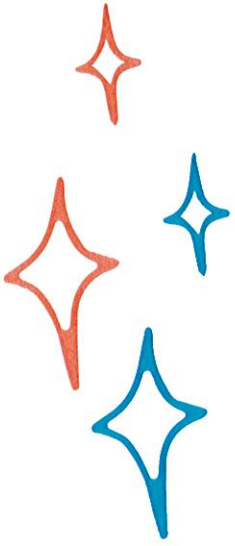
**SCAN ME**



**SCAN ME**

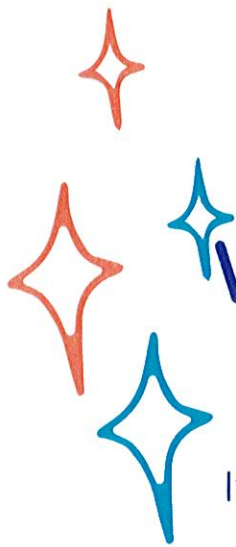


**SCAN ME**



# 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](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).*

