Self-care ideas

Self-care is about the things we can do to look after our own mental health

Just as we look after our physical health, it's important to look after our mental health. It's a way we can look after our own mental health and wellbeing. It can help you to deal with big feelings by helping you to relax or feel more energised.

Everyone's approach to self-care will look different. What works for you might not work for others. Try them out until you find something that works for you.

Watch this video which explains the 5 Ways to Wellbeing

https://youtu.be/yF7Ou43Vj6c

Draw and make a self-care plan like the one below.

Take notice

I'll do check-ins with myself to see how I'm feeling every day

When I'm out walking I'll look at the things around me and find things that make me feel happy

Draw a picture of yourself

Keep Learning

I will do my school work

I will learn to bake a cake

I will learn to tie my shoelaces

I will try something different once a month

Give

I'm going to say thank you more

I will give my friends and family compliments "Mam you look pretty today

I will ask if I can help others and do nice things for them

I will try to be kind as much as I

Be active

I will dance more often

I will go out for a walk once a day

I will walk my dog

Connect

I will talk to my family and friends

I will join clubs/groups with other children who enjoy the same things as me

I will spend time with the people around me