



Self Care Kit

Keeping healthy

Feel your feelings

Ways to relax



Letting go of worries

Staying connected

Activity ideas

Keeping healthy!



Connect with nature ~ go in the garden, open a window, look all around you, what do you notice?

Exercise is good for your body and your mind! Find exercise videos on YouTube, dance at home, walk or run at quiet times.



Keep a good sleep routine. Try to wake and go to bed at the same time each day. Don't sleep too much or too little.



**Laugh!
OUT
LOUD**

Do things that make you feel good ~ read a book, watch a film, listen to music, have a bath. what makes you laugh?

Practice random acts of kindness. Call someone, smile, help at home. find a way to support your community.

Smile
you will feel
BETTER

Cry
when you
need to
to

You may feel sad, angry, scared or worried and that's ok. Try talking to someone or writing your feelings down.

I'm feeling...



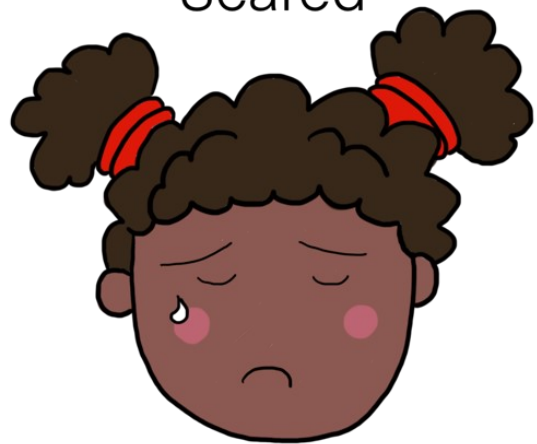
Angry



Scared



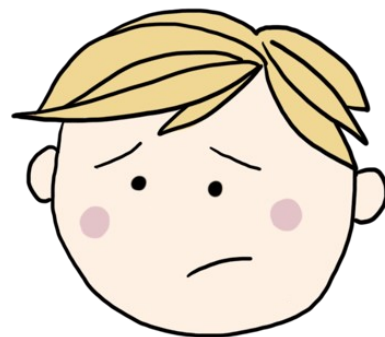
Worried



Sad



Frustrated



Lonely

Use this page to show people how you feel



Colour breathing

Sit or lie comfortably and close your eyes. Imagine a colour that feels good to you e.g. the blue of the sky or the warm yellow of the sun. As you breathe in, imagine this colour slowly spreading through your whole body. Notice how this makes you feel. Now, imagine the colour of your worry and as you breathe out, slowly let this colour leave your body.

Tummy breathing

Sit or lie comfortably and close your eyes. Put one hand on your tummy. As you slowly breathe in through your nose, feel your tummy expand like a balloon. Breathe slowly out through your mouth.



Self soothe box

Find a box and fill it with things that ground you and make you feel calm. When worry comes along, look in your box for ideas to help

Activity ~ colouring sheets, favourite book to read, music playlist

Memories ~ a photo that makes you smile, a positive message from a friend

Relax ~ deep breathing exercises, calming music



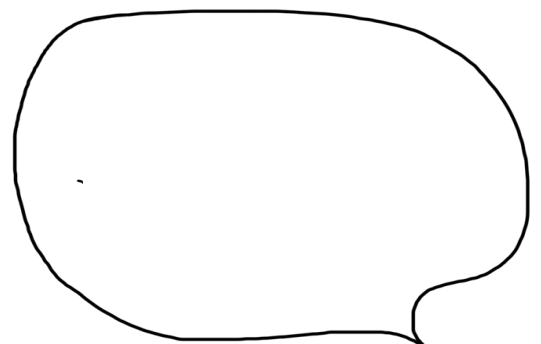
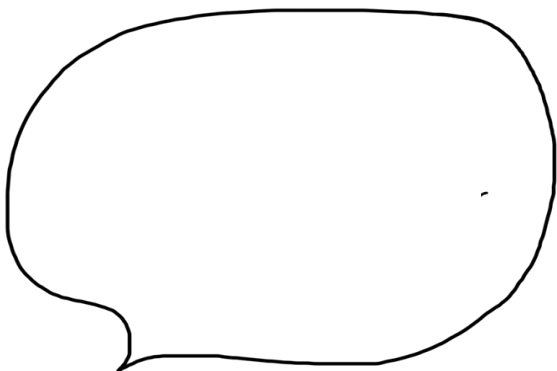
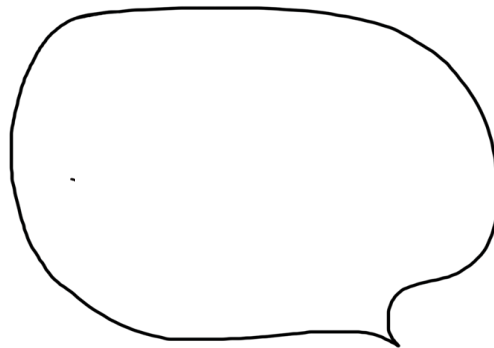
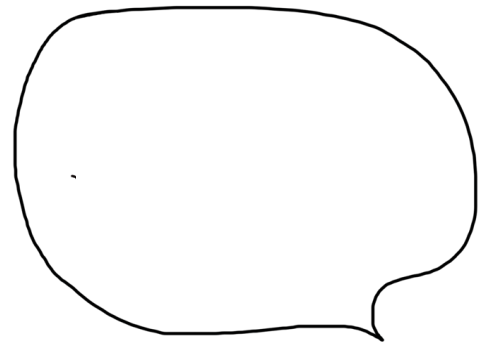
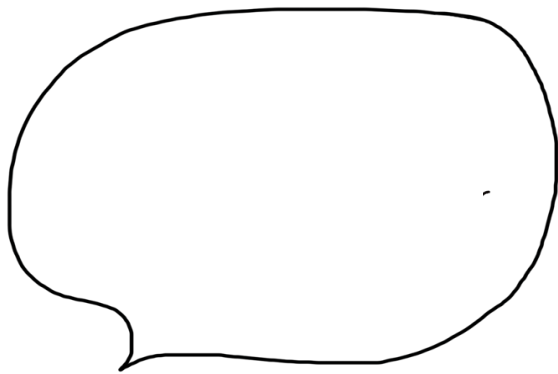
Smell / taste ~ favourite perfume, dried lavender, a favourite snack

Touch ~ stress ball or fidget spinner to get rid of stress. Hand lotion, bubble bath or a soft toy to soothe

Positive talk cards ~ create cards with your favourite phrase e.g. "everything will be ok," "just breathe," "this will pass"

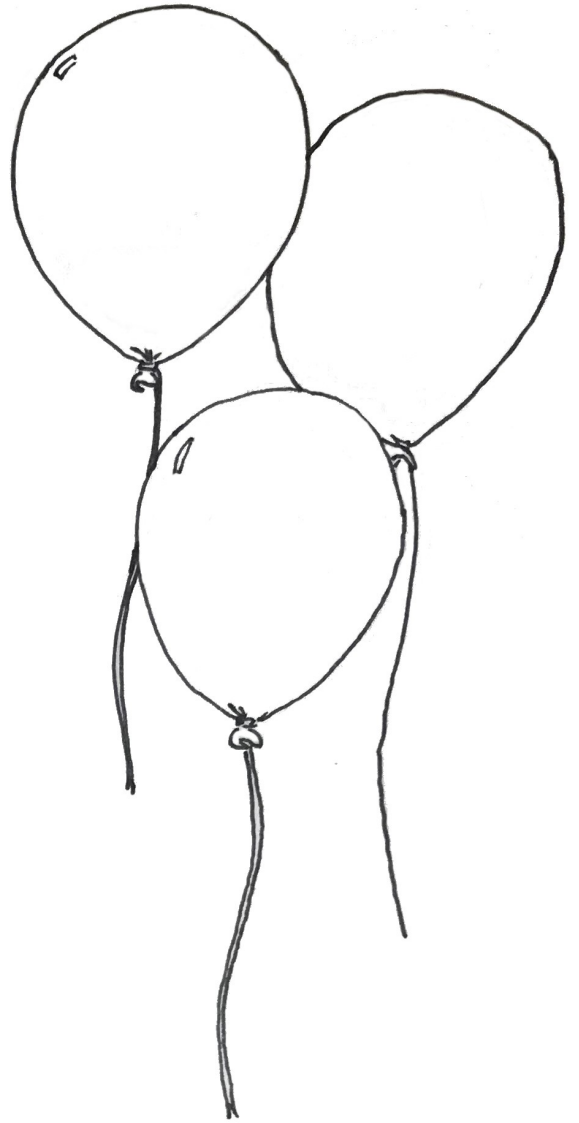
Thoughts

At difficult times our brains can feel full of worry thoughts. "I'll never get through this," "what if I get ill?" "what if my family get ill?" These are all normal. Try writing your thoughts to clear your mind.



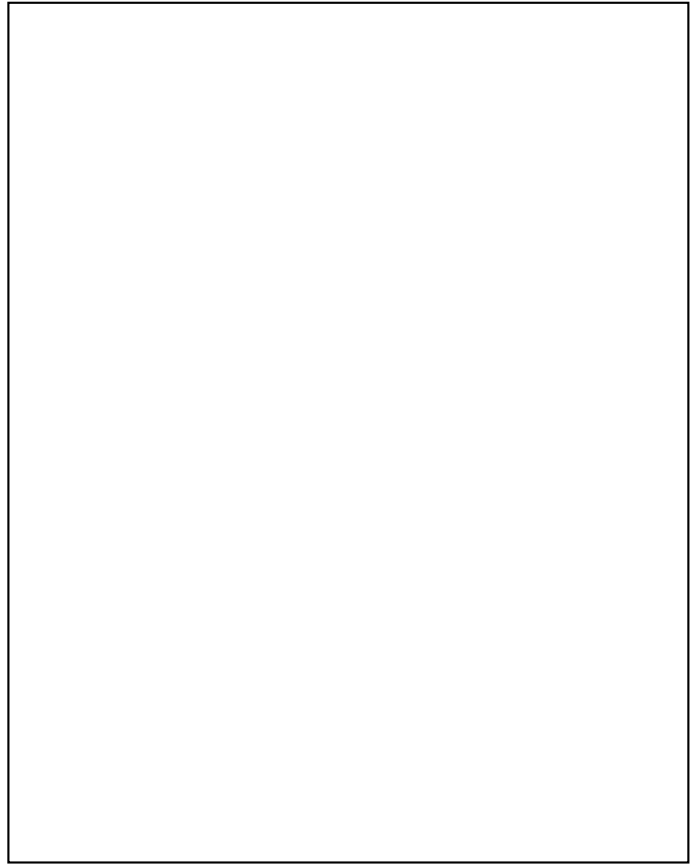
*Write your
worries in the
balloons and imagine
letting them*

go



Superheroes!

*Draw yourself as
a superhero*



*What are your special
powers? Next time you feel
worried or scared, imagine
using these superpowers to
help!*

WHEN THIS IS OVER

WE WILL ...



A list of six dotted lines for writing, each starting with a small circle on the left. The lines are arranged vertically and are intended for a child to write their future plans.



During hard times it can help to plan something to look forward to. What's on your list?

Message in a bottle



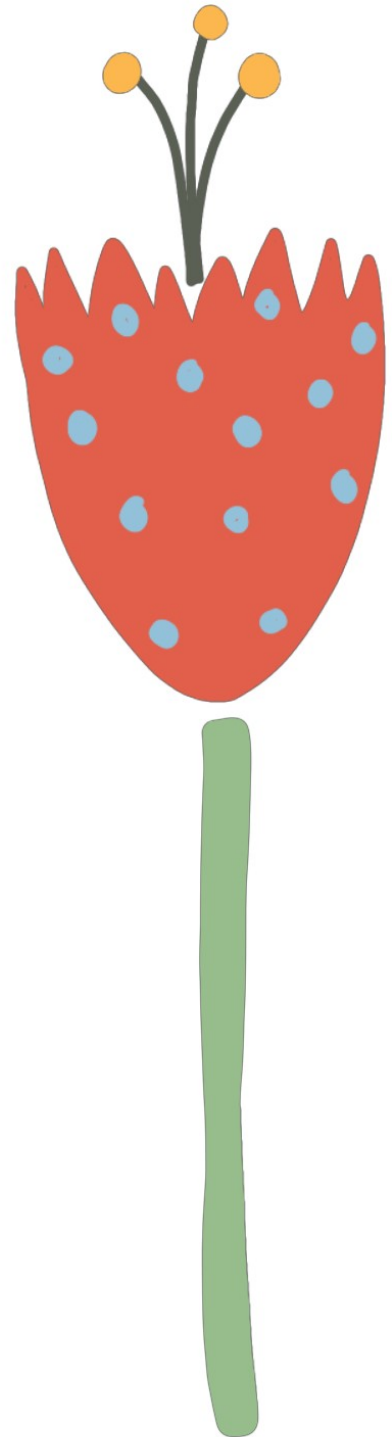
Write a message to all the people you miss seeing. Show it to them when you next see them

*Plant some seeds and watch
them grow*

*Plant some seeds or look
at flowers in the garden
and watch them grow.*

*Notice how they change
every day. Sometimes
the change is so small
you can't see it. But it's
always there.*

*Just like seeds growing;
this difficult situation
will change. Nothing stays
the same forever.*



Get creative!

Use your time
at home to get

creative! Try drawing this picture
in your own style on the next page





Get creative!

SUPER



HEROES

SUPER

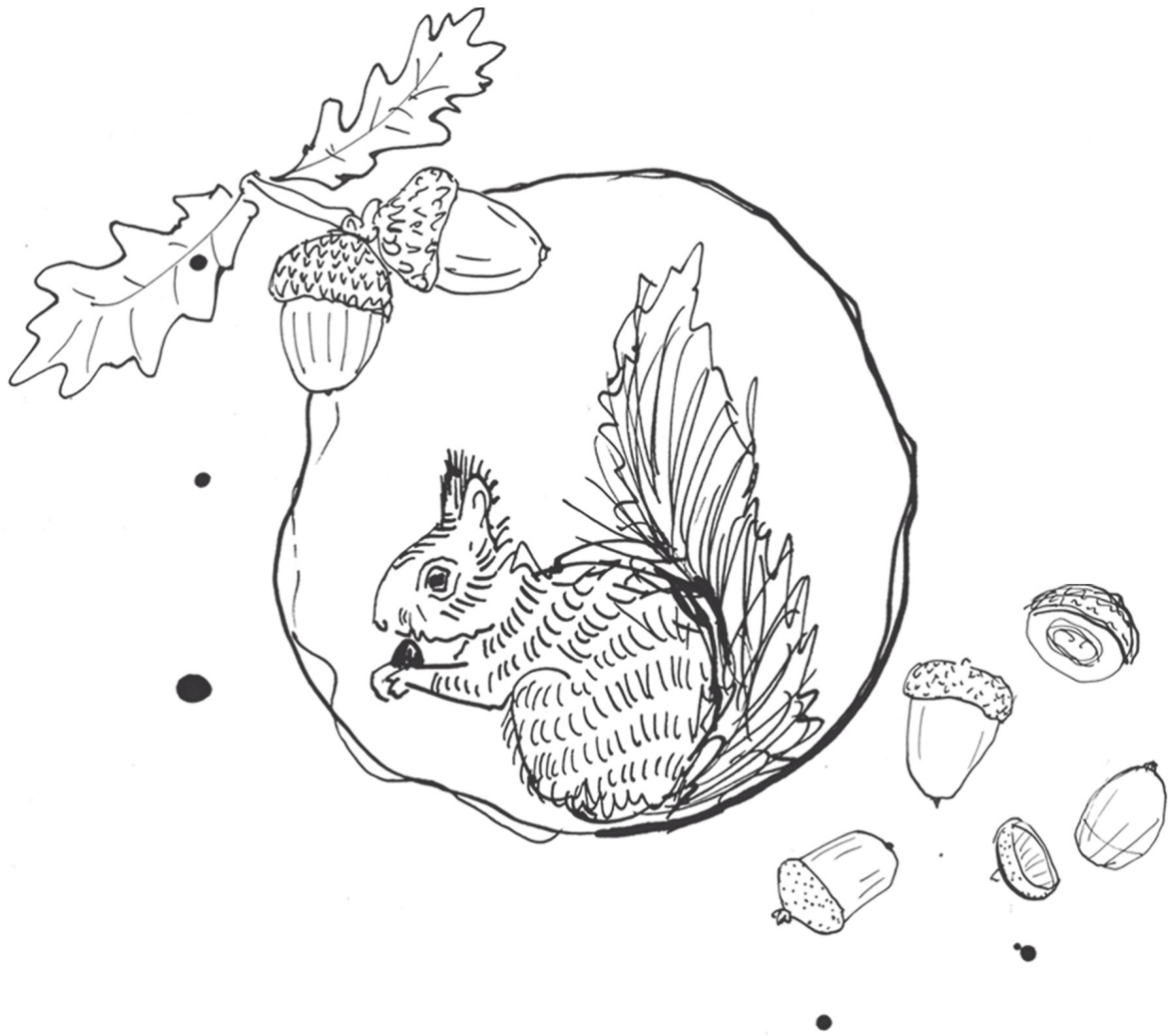


HEROES

Colour me!



Woodland Creatures



Woodland Creatures



Woodland Creatures

Why not print this page, colour it in and send a photo of your finished drawing to a friend or family member

Developed by

*Dr Kathryn Holden, Principal Clinical Psychologist,
Sheffield Children's Hospital*

With thanks

*With special thanks to all the artists who generously
created artwork to support this project.*



@illustrations_b

@helloamynewt



 *Sahima saidi*

@heyimsakina

@whitespace_studio

@beciward

© Kathryn Holden. March 2020. Unauthorised reproduction of this guide is not permitted. The copyright in the artwork shall be retained by the illustrators. The copyright in the content shall be retained by the author. No changes to the text or illustrations are permitted.