Sheffield Children's NHS
NHS Foundation Trust

# Self Care Kit

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Keeping healthy

Feel your feelings

Ways to relax

Letting go of worries

Staying connected

Activity ideas

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# 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.

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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.

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

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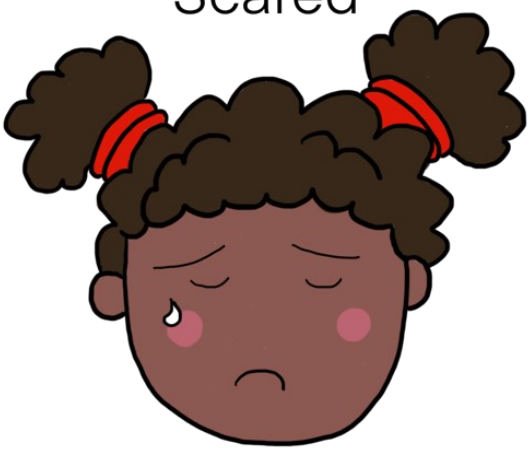
# I'm feeling...

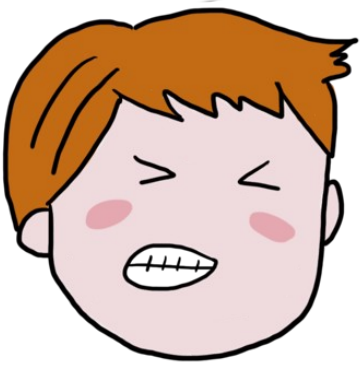
Angry

Scared

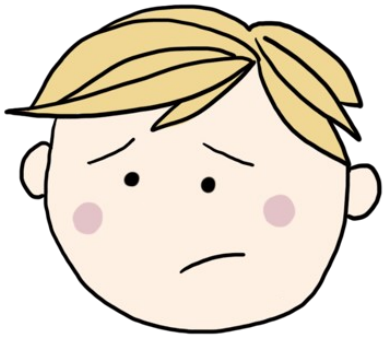
Worried



Sad



Frustrated



Lonely

Use this page to show people how you feel

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## 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.

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# 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.

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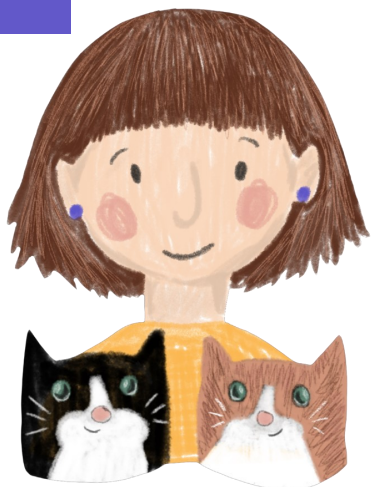
# Self soothe box

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"

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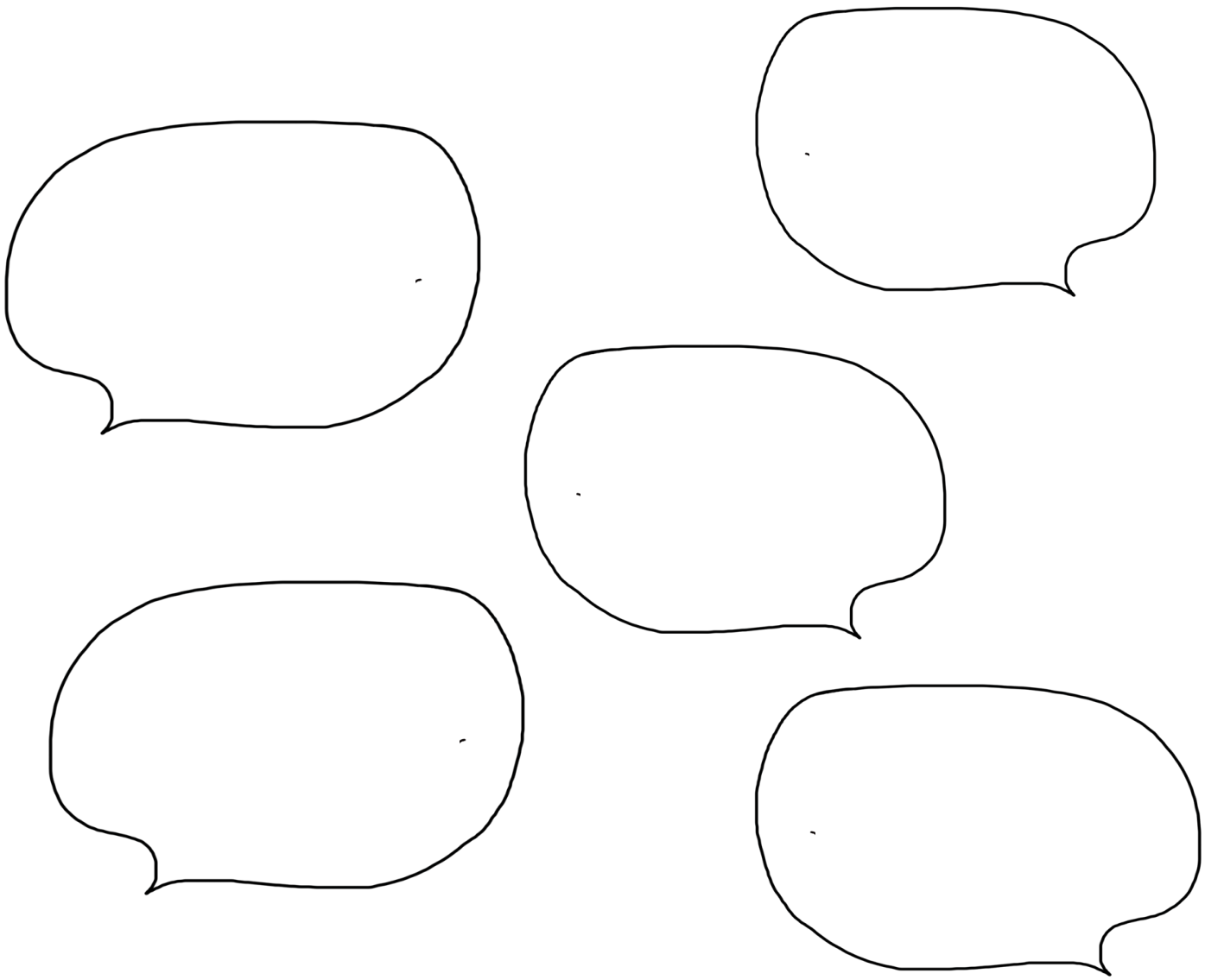
# Thoughts

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.



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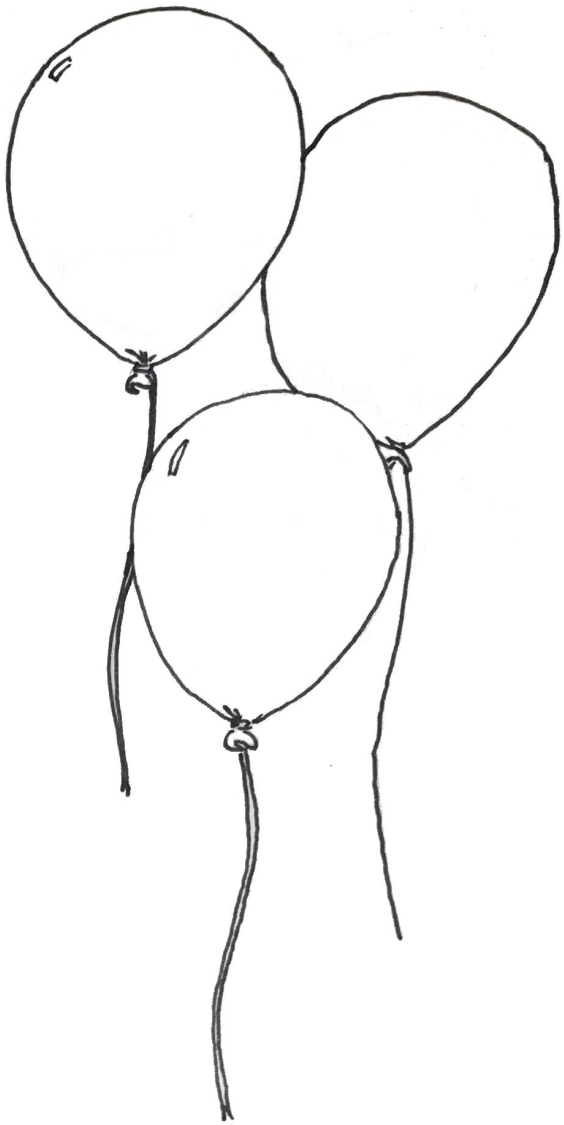
Write your worries in the balloons and imagine letting them go



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# Superheroes!

Draw yourself as a superhero

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

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# WHEN THIS IS OVER

## WE WILL . . .

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

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# Message in a bottle

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

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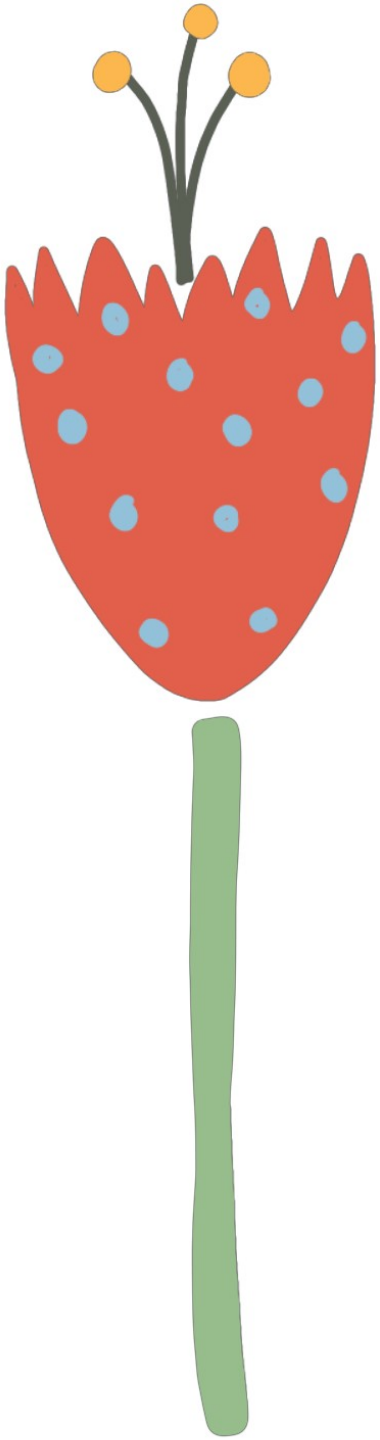
# Plant some seeds and watch them grow



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.

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# Get creative!

Use your time at home to get creative! Try drawing this picture in your own style on the next page

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# SUPER

# HEROES

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# SUPER

# HEROES

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# Colour me!

Woodland Creatures

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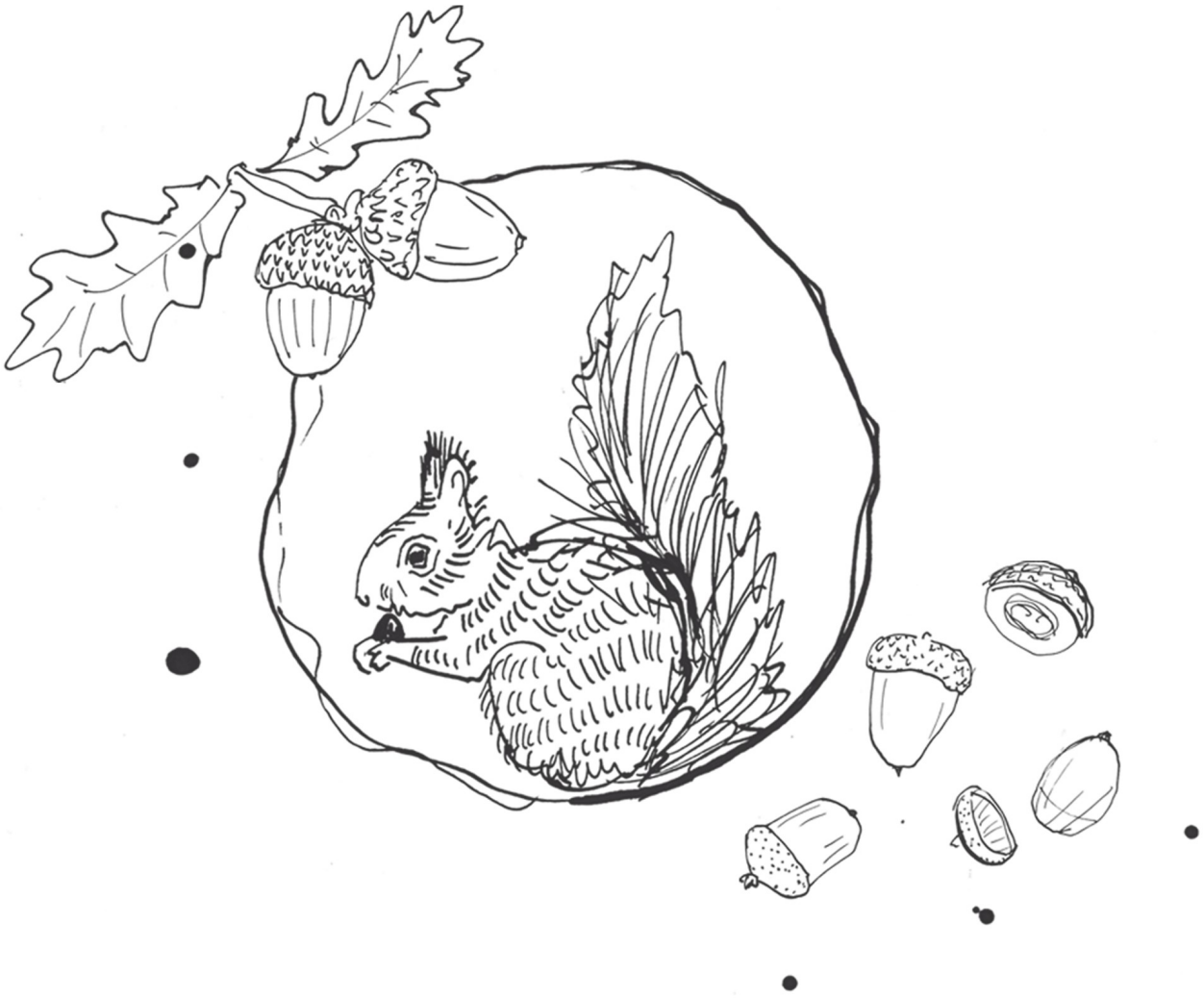

# Woodland Creatures

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# Woodland Creatures

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

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# Developed by

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# With thanks

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

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