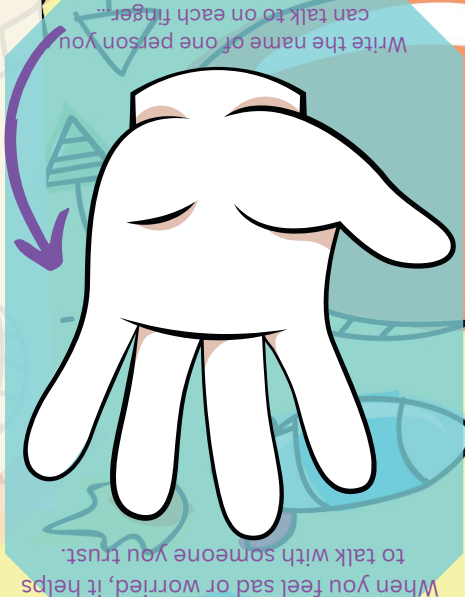




## Get Colouring

## Safe Hand Team



### Hand Breathing

1. Spread out your fingers on one hand
2. Use the pointer finger from your other hand
3. Start at your thumb, move your finger to the top of your thumb, breathing in as you move
4. Breathe out as you move your pointer finger down the inside.
5. Do this for all fingers
6. You can then repeat from the little finger back to the thumb

## Starfish breathing



QR link example

## How do I feel today?



## Amazing Me!

Sometimes we forget how amazing we are. Write or draw 5 good things about you. e.g. I am kind. Ask your family and friends their favourite thing about you!



# The little book of

## Taking Care of Me

for Children

Part 1

### What is self-care?

Self-care is helping yourself feel better, or feel good.

This book has lots of ideas to help you take care of yourself.

SCAN QR CODES WITH YOUR PHONE CAMERA TO OPEN THE LINK Or click the QR box if online





3 things that you can touch

4 things that you can hear

1 thing that you can taste

2 things that you can smell

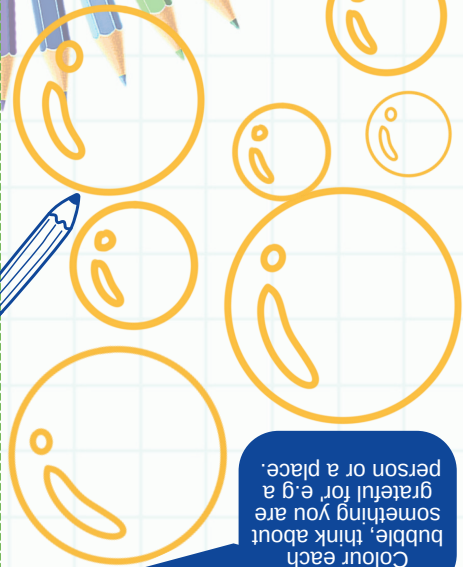
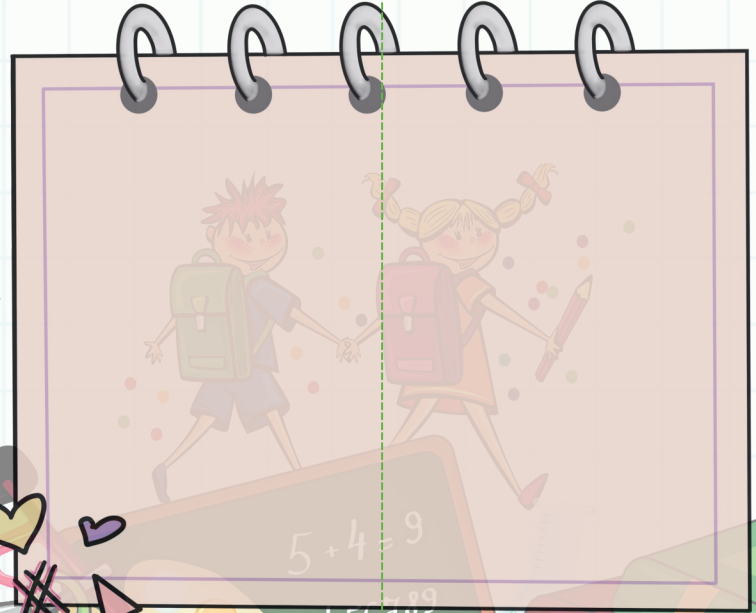
5 things that you can see

Being mindful means noticing what is going on around you. Using our 5 senses can help calm our minds.

## Mindfulness

## Smile List

When we feel sad, there are things we can do to put a smile on our face. Write or draw five things which you enjoy. Try to do one thing from your smile list every day!



Colour each bubble, think about something you are grateful for, e.g. a person or a place.

## Gratitude Bubbles

If you need help, try talking to your parent, carer, or trusted adult about how you are feeling

You can also find more help here:

**ChildLine**  
0800 1111

How to cut & fold



Movement helps our bodies and minds to feel good.  
How many hops, skips, jumps, catches or balances can you do in 1 minute?

## Let's Get Moving!

# The little book of Taking Care of Me for Children Part 2