



What is
self care and
why is it
important?

Take it further:

THINK

What curiosity questions can you ask?

E.g. What do you think self care might mean? What could it mean to be caring for yourself? What are some of the things that make you feel healthy and well? What can you do to help yourself feel healthy and well?

FEEL

How might different people feel about this?

E.g. What does it feel like to not be well? Which of your habits make you feel good and which of your habits don't make you feel so good? How does it feel when you are well and healthy and happy?

CONNECT

What links can you start to make?

E.g. : What are some of the things that make everyone feel well and healthy? How can you learn to practice these?



Activity ideas:

1. On a blank piece of paper write these three words in three columns: **Eat, Rest, Play.** Underneath each word, write (or draw) all of the things that you like to do and which make you *feel* good (e.g. playing football with my sister, reading a book, eating spaghetti).
Try and practice a healthy habit for each of these every day.
2. Every morning when you are brushing your teeth, look in the mirror (if possible) and tell yourself 3 things that you really like about yourself. This is a great way to boost your self confidence.
3. Being active makes us feel good, both physically and emotionally. Spend at least 30 minutes each day doing something active, either on your own or with your family in the house or garden. Moving your body is a great way to help your mind feel happy and healthy.

USE THE **THINKER'S GUIDE TO HELP YOU*

What other activities could you do?

