

TOP 3 SELF-CARE TIPS ACTIVITY SHEET

Self-care is important to keep yourself physically and emotionally healthy. Think of the strategies we have discussed today for relaxation and self-care. Choose three of your favourite self-care techniques you will try next time you feel a strong emotion. Draw the resources you will need to successfully practise the technique.

1	2	3

Below are three different locations you may visit frequently, if you become overwhelmed in these settings, what mindfulness technique could you try to calm yourself?

In school , you feel overwhelmed in a busy corridor moving between lessons. You begin to feel your breathing go a little quicker. What could you do?	
You're at home and you are trying to do your homework for science. It is tricky and you are getting frustrated. What could you do?	
You are on the bus and it drives through a tunnel, you find tunnels a little scary and begin to feel uneasy. What could you do?	