



Self-Care

What is self-care?

Discuss what self-care is and why it is important to find time for breaks and self-care.



How can we take care of ourselves?

Discuss what activities they can do to practise self-care.



Self-care activity

Do an activity that they can do at home for self-care. You can give them a variety of activities to choose from e.g. baking, exercising, listening to music, watching a favourite film, gaming or colouring. Discuss how participating in the self-care activity made them feel.

Self-care plan

Ask them to create a self-care plan – make sure they are doing one thing for themselves each day.



Independent Activity

Self-care journal

Keep a self-care journal, include mood, feelings, energy levels, how you slept and what you did to practise self-care.

