Pick one color and mark places on your body that feel tension.

Pick one color and mark places on your body that feel relaxed.
Draw a happy picture of yourself
Self Care Soup

What ingredients do we need to make us feel good?
Ride your bike

Coloring and drawing books

Learn to play a new game

Get your rest

Play outside with your friends

Dance to fun music
Find A Quiet Spot!

Use your five senses to feel calm!

5 Things You Can See

4 Things You Can Feel

3 Things You Can Hear

2 Things You Can Smell

1 Thing You Can Taste
Take a deep breath!
Breathe in and out to feel calm!

4-7-8 Breathing

- Breathe in for 4 seconds
- Hold Breath for 7 seconds
- Breathe out for 8 seconds

Repeat to feel very calm!
Calm Box

If you feel sad, mad, or scared open your calm box. Ask your adult to help you find something you need!

Art Supplies (Large crayons, paper, stickers, coloring pages)

   Sensory or activity books
      Flashcards
      Favorite toy
      Favorite snack
      Stress ball
      Bubbles

Fidgeting toys (fidget spinner, bubble push poppers)

      Pinwheel
      Plush toy

Stretchy resistance bands

      Playdough / slime / kinetic sand / putty
Say something nice to yourself everyday!

I am loved

I am powerful

I am a great friend

I am brilliant

I am courageous
Write or draw nice thoughts and pictures for yourself!
Draw a picture of yourself as a grown up
Ask an older adult to explain how the following items worked:
My favorite grown up

What’s their name?

They are my

______________

Draw a picture of them:
Things I can say to stand up for myself

I need your help with ___

I want ___

I like ___

It helps when ___

I need ___

It’s helpful when ___

I don’t like that.

I can’t do that.

I’m having a hard time right now.

I’m confused about ___. Can you help me?

Can you say the questions again?
How to ask for help when you need it

**DO**

**DON’T**
Your body will tell you when you don’t feel safe!

Your forehead and palms feel sweaty.

You feel like crying.

Your heart beats faster.

Your stomach hurts.

You feel shaky or wobbly.

You need to go to the toilet.