Color your body

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

Pick one color and mark places on your body that feel relaxed.
Write Your Friend A Letter

Write a letter to a friend who is struggling to make friends or going through a difficult time in their life. Compassion says “What can I do to help?” What would you say to encourage your friend?

Erase your friend’s name and write your name, and read the letter you wrote to yourself instead! Notice how well you encourage your friend vs. how well you encourage yourself.
Circle of Control

During difficult times, it can help to take big stressors and break them down into what you can control and what you can’t.

Think about what’s stressing you out. In the outer ring, write the things that you have zero (or very little) control over.

In the middle ring, write the things that you can influence, but not entirely control.

In the inner ring, write the things that you can mostly or entirely control.

If you’re unsure how to start, see the example on the next page!
### What is in my control? What’s not in my control?

<table>
<thead>
<tr>
<th>Examples of what is in my control</th>
<th>Examples of what is NOT in my control</th>
</tr>
</thead>
<tbody>
<tr>
<td>My attitude</td>
<td>The weather</td>
</tr>
<tr>
<td>My words to myself</td>
<td>My skin color</td>
</tr>
<tr>
<td>My words to others</td>
<td>My hair type</td>
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<tr>
<td>My behaviors</td>
<td>Other people’s behaviors</td>
</tr>
<tr>
<td>My boundaries</td>
<td>Other people’s words</td>
</tr>
<tr>
<td>My responses/actions</td>
<td></td>
</tr>
<tr>
<td>How I take care of myself + my feelings</td>
<td></td>
</tr>
<tr>
<td>My decisions</td>
<td></td>
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<tr>
<td>How much I sleep</td>
<td></td>
</tr>
<tr>
<td>How often I smile</td>
<td></td>
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<tr>
<td>When/If I do my homework or study</td>
<td></td>
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<tr>
<td>When I ask for help</td>
<td></td>
</tr>
<tr>
<td>Who I am friends with</td>
<td></td>
</tr>
<tr>
<td>When/if I do my chores</td>
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</tbody>
</table>
The self care wheel helps us identify areas in our life that support our well-being. We’ve included a few examples below and hope they inspire you to pick and choose what will work best for you.
The self care wheel helps us identify areas in our life that help us replenish ourselves when we are feeling stressed out. Fill your outer circle with your selections from the previous page and your inner circle with activities for reach area.
Self Care Ideas

Spend less time on social media

Get plenty of rest

Dance to fun music

Grow a small plant or garden in your home

Clean and decorate your room

Learn a new instrument

Spend ten minutes each day doing sit ups, push-ups or planks

Create art using a coloring or drawing book

Write in your journal
What are somethings you’ve been doing to show yourself love?

What advice do you give to your future self?

Describe your dream day.

Who is the most influencial black person in your life right now.

What do you hope for your community?

What does liberation look like to you?

What does black joy mean to you?

Write a letter to an ancestor.

How will you show up for yourself everyday.

What is your proudest moment so far?
Grounding Exercise

Find a spot to sit or stand still, take a breath, and use the following prompts to observe your surroundings and ground yourself.

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!

If you feel stressed or need to refresh yourself, deep breathing is a great way to feel more calm and relaxed.

4-7-8 Breathing

Breathe in for 4 seconds

Hold Breath for 7 seconds

Breathe out for 8 seconds

Repeat to feel very calm!
NO JUSTICE

NO PEACE
Say something nice to yourself everyday with a positive affirmation!

I am proud to be Black.

I am a leader.

I embrace the greatness within me.

I am brilliant.

I make a difference.
Write your own positive affirmations!
If someone were to write a book about you, what would the title be?

What kind of book is it?
An older adult in my life

What's their name:

How do you know them:

Write a letter to them about what reminds you of them:

(Foods, Smells, Toys, Clothes, Places, Actions, Activities, Events or anything else!)
Ask an older adult to explain how the following items worked:
Things I can say to advocate 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?

I lost focus. Can you repeat the question?