

6 Self Care Tips...

...especially for kids!



1 Get active:

Do something every day to use your body.
Move! It'll get the happy feelings flowing through your body.

2 Take care of your body:

Our bodies need looking after too.

Remember to drink lots of water and eat plenty of healthy foods – all colours of fruit and vegetables are a good way of getting lots of vitamins. We also need sleep – try focusing on how your tummy moves when you breathe as you lie in bed tonight.

3 Quiet Time:

It's really nice sometimes to have a little bit of quiet time.

Perhaps you'd like to read a book, watch your favourite film, craft or try colouring.

4 Be kind:

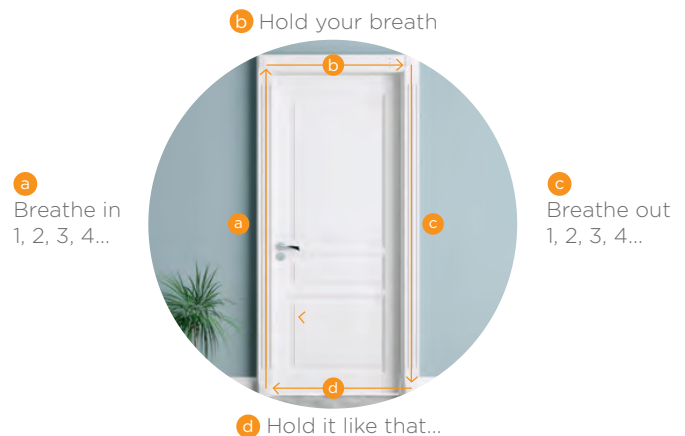
Doesn't it feel nice when someone does something kind for you? When they bring you a gift or say something nice?

It feels great when you do something for someone else too. Who could you be kind to today?

5 Long, slow breaths:

Sometimes we might feel worried or scared. When you feel like this, it can help to take some long, deep breaths.

Try this: move your eyes around the edges of a door as you breathe.



6 The Daily Glads:

Lastly, one of our favourite exercises at The Happiness Club.

Every day, toward the end of the day say out loud or write down at least 5 things you are glad about that day. Start each one with "I am glad that..."

Maybe you could do them with the people you live with at dinnertime or before bed.