

Why not try printing the wellbeing cards and popping them on your fridge or somewhere noticeable at home or at work.

Children 1st

Kindness

- Feel it, name it, share it. Validate your thoughts and feelings (it's okay to feel anxious and worried sometimes).
- Think about what you can do to manage your worries and anxieties.
- Create daily routines that give you predictability and control.
- Be mindful of your media/tv choices and their impact on.

You are stronger than you think you are

Children 1st

Ask Questions

- Talk to someone you trust about your worries.
- Ask them about ways they use to help them feel better.
- Do other people feel this way?
- How do other people deal with these types of feelings?
- How can I fall asleep easier at bedtime?
- How do I keep a regular routine when I feel this way?
- Ask others to do some of things you need help with or feel unable to do.

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Relax

- Do things that you enjoy to help you feel more secure and connected.
- Be flexible and adjust expectations if needed.
- Practice taking deep belly breaths.
- Practice positive self-talk ("This may be hard, but I can get through it!")
- Practice being grateful (Think of 5 things you are grateful).
- Be physically active. This is important to help us relax (playing catch, stretching, biking, walking).
- Create a comfortable environment for yourself.

Children 1st

Distract

- Spend time doing or even just talking about things that are important to you such as sports, dancing, or art.
- Go for a walk or bike ride and pay attention to what you see, smell, hear and feel.
- Play a game together.
- Watch movies.
- Listen to your favourite music.
- Read books.
- Colour, draw, do crafts, scrapbook.
- Work on puzzles.

We have included four blank cards for you to personalise with your own ideas.

Children 1st

How will you be kind to yourself?



Children 1st

What will you ask and who will you ask?



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What can you do to relax?



Children 1st

How will you distract yourself?

