|  |  |  |
| --- | --- | --- |
| Create a ‘happy box’ This is a place to put special memory items and things that you like to remember, e.g. little trinkets, photos, gifts or notes that friends or family have given, smells that make you happy, such as a perfume tester or some dried lavender, a stress toy that calms you down or an emergency chocolate bar. Put in anything that helps you feel better and makes you smile when you need it. | Use music. Put on some quiet music, turn off any bright lights and find a picture that you can colour in quietly. This helps you brain to calm down and stops your emotions from racing around your head. *There are lots of mindfulness colouring sheets on Twinkl.*  | Try colour therapy. Find something in a colour that you love and train yourself to look at or think of it when you're feeling low.' You could colour pictures in that one colour or make a colour collage for your room by cutting and sticking from magazines and comics.  |
| Do some yoga. Research has shown that yoga calms your nervous system, making you feel more relaxed and less anxious.Have a look at ‘Cosmic Kids’ online or take part in the weekly sessions from Active Angels in Tameside (ran by one of our wonderful St Peter’s parents!).  | Spend time with nature. A lot of people find spending time in nature is a really important part of their self-care routine and you may find that the fresh air helps you relax. It can include things like going for walks, scavenger hunts in the garden, growing plants and much more. | Try crafting. Making something yourself, whether it’s a greetings card, puppet or something as small as a bookmark, gives a sense of satisfaction, and the process of making helps to distract from everyday worries and events, giving the mind a chance to switch off.  |
| Have a warm bath.This is something that allows you to relax and take a break from the ‘outside world’ for a bit. Why not try buying a bath bomb or putting a few drops of essentials oils in it to go the extra mile. You might want to play some music, an audiobook or relaxing sounds while you take your bath. Just remember not to have any technology close to the water! | Do some physical exercise. This can mean lots of different things. It doesn't have to be running a marathon or being a part of a large sports team. In fact, it’s really important to make sure you choose an activity that you feel comfortable and safe doing. This could be anything from walking around the block, dancing to your favourite song or completing an obstacle course/circuit in your garden. Regular exercise can definitely improve your mood and wellbeing.  | Write things down. Use a journal or a diary as a way of sharing difficult feelings, expressing words that you are not able to say out loud. Making a scrap book of your days will also help you to see all the wonderful memories that you are making during this time.  |

**Self-Care Grid**

Self-care is about the things we can do to look after our own mental health. We're sharing these strategies with you to help you to manage your wellbeing whilst you are at home. Choose which ones work for you!