

Keeping kids safe!



Guide for Parents, carers and educators To develop a self-care plan

Activity

This craft-based activity has been specifically designed to assist parents and carers in practically helping children to take care of their mental and emotional wellbeing by assisting them to develop a weekly, personal self-care plan.

Parents and carers are encouraged to explore the concept of self-care by encouraging children to consider healthy internal and external activities that the children themselves identify, to make part of their daily routine. Children are asked to write or draw activities that they find meaningful to them, activities that they look forward to doing.

These activities then form a routine where children can start to practice these self-care skills to set aside specific time to take better care of themselves during stressful and anxious times.

Parents and carers can facilitate conversations by asking children relevant questions such as;

- What can you do that makes you feel calm?
- What can you do to exercise your body?
- What can you do that makes you feel happy?
- What can you eat that makes you feel healthy?
- What can I do to start my day ready?
- What can I do to stay clean and healthy?

Ideas to draw from (not exhaustive):

Colouring in, play doh, handball, call a friend, hop, skip, dance, sing, read or watch something funny, take deep breaths, watch the clouds, read a book, play boardgames, ride your bike, find a relaxing scent, listen to music, go for a walk, eat fruit, do yoga, sit on the grass, help cook, turn off devices, play lego, brush and doing their hair, make a cubby. Parents and carers may also consider searching suitable activities online in conjunction with the children.

Parents and carers can then help children (age dependant) to cut out the activities and then paste them onto the weekly chart or perhaps add them to an existing chart that the children are already utilising.

This activity is a fluid 'discovery' activity that should be updated and modified regularly in line with developing conversations occurring between parents, caregivers and children.

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Materials needed

A printer to print the activity sheet on to plain paper

Scissors

Multipurpose PVA Glue

Colouring in pencils, crayons or pens

Choose your activities

1 Write or draw activities that you find meaningful and look forward to doing in the table below.

Go to the next sheet for the next instruction

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2 Look at your activities and choose one or two for each day. Paste it on the daily chart below.

This will help with a routine of activities that you like and look forward to doing, so if you are ever feeling anxious you can look to this chart to help you through these times

Making your plan

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	Sunday