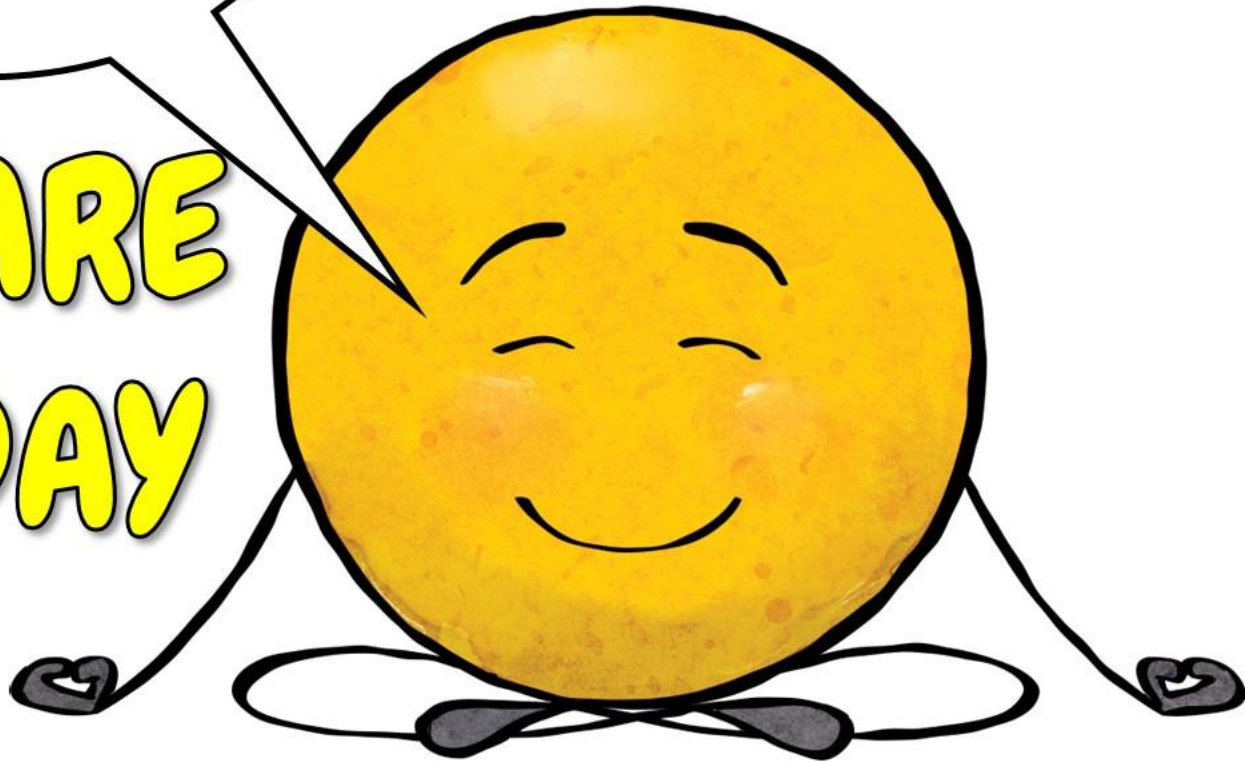


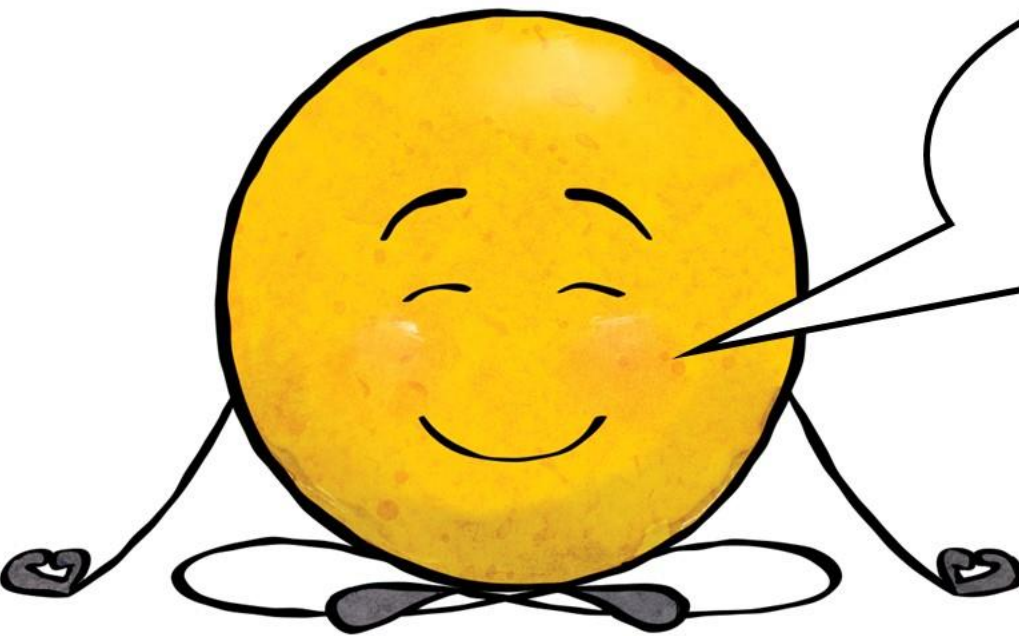


Are you  
ready for ...

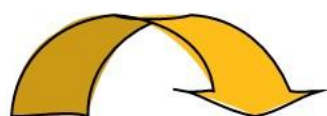


# SELF-CARE SATURDAY





Self-care is  
amazing!



What words come into your mind when  
you hear the words 'SELF-CARE'?

# Words



Did you  
think of any  
of these?

relaxation

calm

mindfulness

exercise



Can you think of a time when you used self-care?



# Activities



Self-care is about looking after yourself. Here are some things below that you can do to look after your body and your mind.

- Close your eyes and think about the happiest day of your life so far. What happened? Use your senses to try and see, hear, feel, smell and taste what happened. How calm and relaxed do you feel right now?
- Pretend you are blowing bubbles into the air. Purse your lips and blow slowly and steadily. Watch the bubbles float into the air. Keep watching until they pop. Take a breath in again and repeat with blowing those bubbles.

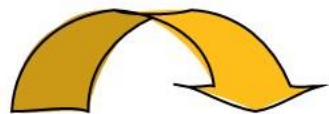


Do some exercise to get your heart beating faster. Notice your heart speeding up and then slowing down when you rest again. You can get an adult to show you how to take your pulse and count your heartbeats.

## Love your body and your mind



# Affirmations



I can relax

I can use self-care

I am calm

I can be mindful

I can exercise

Look in a mirror and  
repeat these  
statements out loud  
every single day!





Awesome  
work!

You can use  
self-care!

