

Self Care Plan for Kids

1. Find a spot or area that is the following:

- a. You can be alone here
- b. It is quiet here
- c. You feel comfortable here

2. Put the following in that spot or area:

- a. Your favorite stuffed animal
- b. Something that makes you feel calm, happy, or relaxed
- c. An item from the care package

3. Can you draw or write about that spot here?

BONUS: After filling out this check list, can you color each box to match what type of mental health it helps improve?

Emotional health: being aware of your emotions and being able to appropriately express your feelings

Physical health: the well-being of your body impacts how you handle mental stress

Social health: the ability to make and maintain relationships

4. Great job! This will be where you practice self-care! Self-care is taking time to make your mind healthier. Having a healthy mind (mental health) means that you think, feel, and act your best! Much like how having a healthy body (physical health) means eating, exercising, and sleeping your best. Everyone has mental health and physical health that must be taken care of every day. Adults like doctors, dentists, and nurses take care of children's health as their job.

5. What other adults take care of children?

1.
2.
3.

6. What adults take care of you? Who are your trusted adults?

1.
2.
3.

7. You can take care of your mental and physical health when adults can't help you. How do you take care of your physical health (have a healthy body)?

1.
2.
3.

8. The chart on the next page in this packet is full of ideas on how to take care of your mental health. **YOUR JOB IS TO CHOOSE 1 SQUARE TO DO A DAY!** (If there isn't enough room, rewrite the square you want to do on a new piece of paper).