

# *Mastering self-care family activity workbook*



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# What keeps us alive



Draw your favourite mammal

What is your mammals name?

What do they need to breathe to stay alive?

What food do they need to be healthy?

What exercise do they need to stay healthy?

What else do they need to stay healthy?

What is your name?

What do you need to breathe to stay alive?

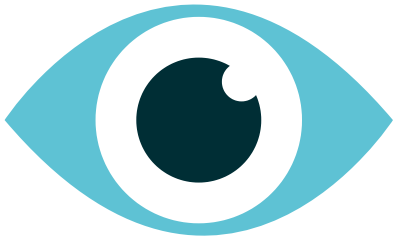
What food do you need to be healthy?

What exercise do you need to stay healthy?

What else do you need to stay healthy?



# 5 senses



S \_ \_ \_ \_



H \_ \_ \_



T \_ \_ \_ \_




T \_ \_ \_ \_




S \_ \_ \_ \_

 What is your favourite thing to see?

 What is your favourite sound?

 What is your favourite taste?

 What is your favourite thing to touch?

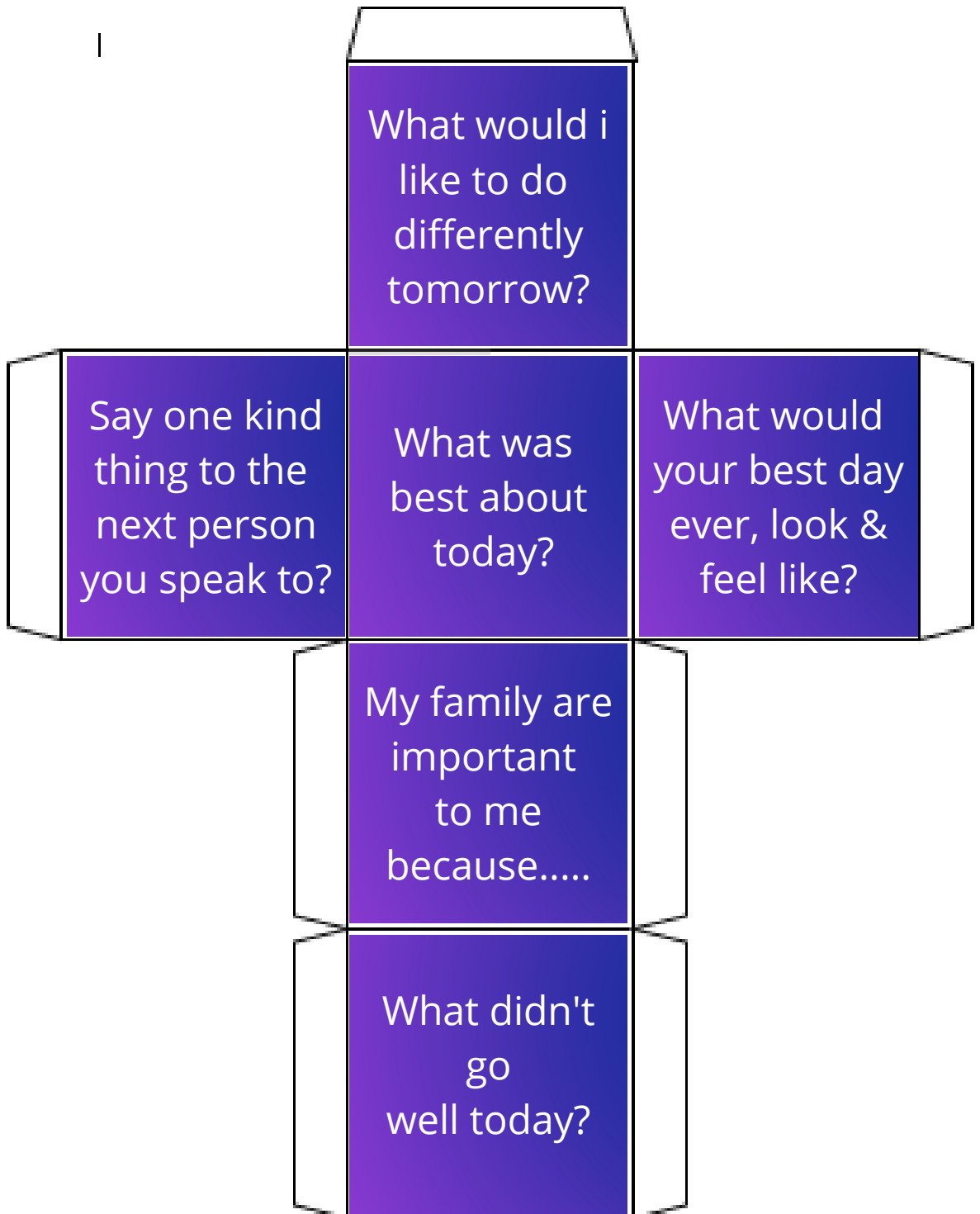
 What is your favourite smell?



# Conversation cube



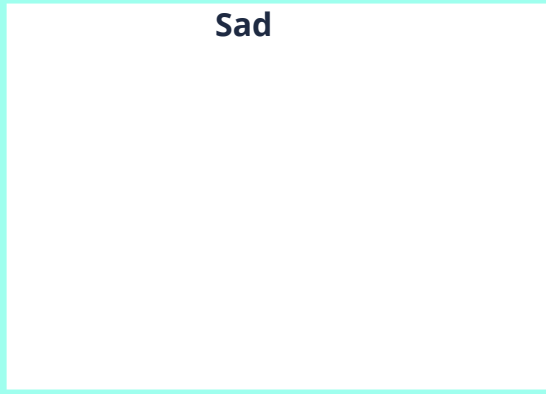
Carefully cut round the outline and stick onto an old cereal box, fold the along the lines to make your conversation cube. Great at meal times, to get family conversations flowing.




# Emotions

Draw a picture of what each emotion looks like to you and write underneath what makes you feel that emotion.

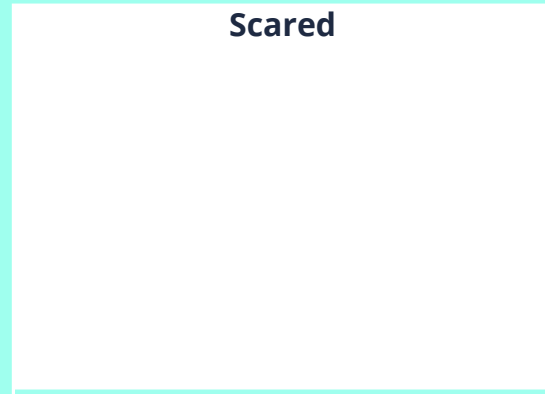
**Sad**




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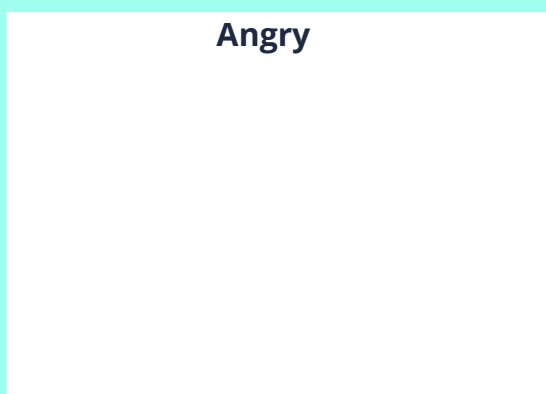
**Scared**



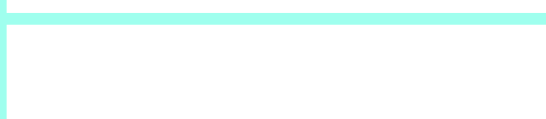
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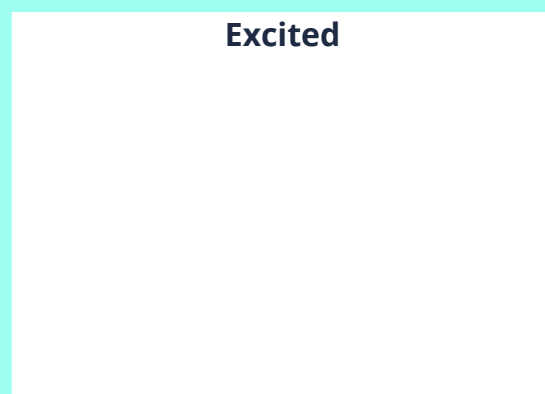
**Angry**



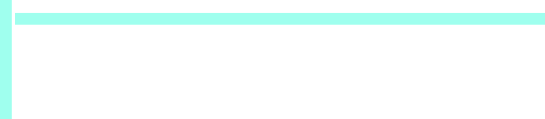
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**Excited**



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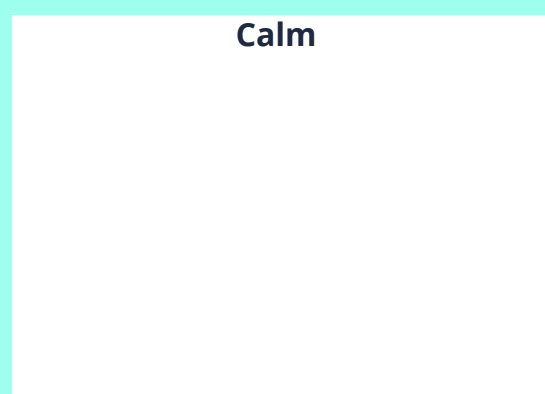
**Happy**




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**Calm**

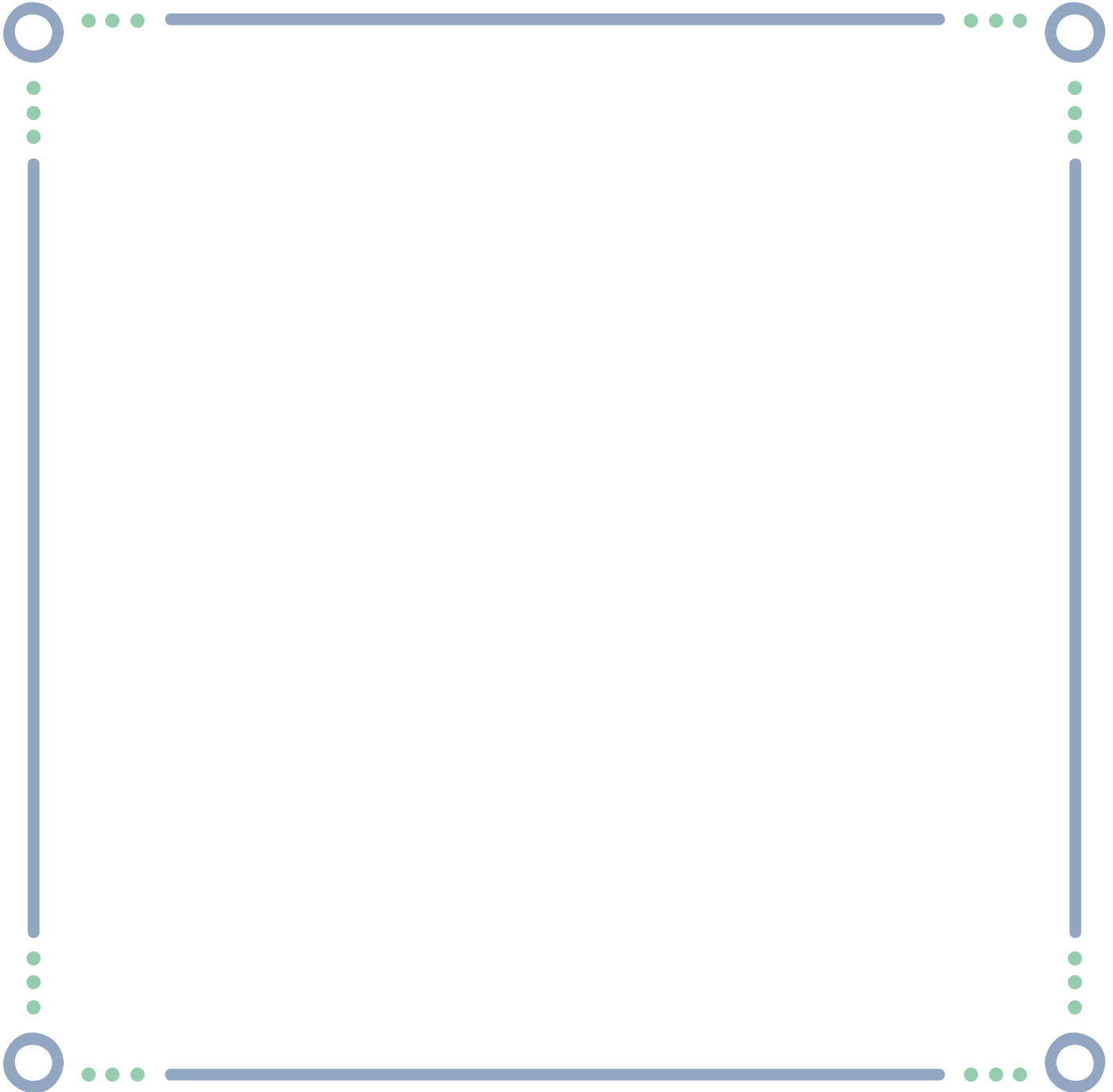


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# What keeps me happy

Get some old magazines and cut out pictures and words that make you feel happy when you see them and stick them inside the frame. If you do not have any magazines, draw some pictures of what makes you happy and write words that make you happy. Once finished cut out the frame and stick it some where you can see everyday?



# *What makes me calm & relaxed*



Write in the boxes, what makes you feel calm & relaxed!

Think back to a time when you felt most calm and write a story about it!



# Affirmation cards



Carefully cut all out the cards and stick to an old cereal box. Pick a card each day and find out what makes you important, valuable, lovable, kind, amazing and confident.

**I am important**

*Make a list of what makes you important*

**I am valuable**

*Make a list of what makes you valuable*

**I am confident**

*Think back to a time when you felt really confident*

**I am lovable**

*Write a story about what makes you lovable*

**I am kind**

*Think of something kind that you can do for yourself & someone you love*

**I am amazing**

*Draw yourself as a super hero including all the great things that make you amazing*







Draw or write in the dream cloud, what helps you have a great nights sleep!



# Mastering self-care idea's



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TIPS FOR THE MIND

- It's ok to switch off
- if you overthink know how to stop
- Do something mentally stimulating
- Take time for mental relaxation
- Safe Secure Retreat**
- Explore what opportunities are available

Try to think differently

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TIPS FOR THE BODY

- Explore outside everyday
- Eat/drink nutritional food where possible
- Exercise or at least stretch
- Get a good nights sleep
- 5 SENSES**
- Explore what we actually need to survive

Use all 5 senses to receive information

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TIPS FOR THE SOUL

- Explore what is important to you
- Think about your purpose
- Create**
- Create something that you're passionate about
- What are you passionate about?
- How can you connect with others?
- What do you need more of?

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TIPS FOR EMOTIONS

- It's normal to feel uncertain
- Make a plan how to manage emotions
- Bored Lonely**
- How can you grow & learn something new?
- TALK**
- This is a new experience - No emotion is right or wrong
- Explore old emotions that are now triggered

Be open about your emotions constructively

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ENVIRONMENT

- Get dressed as normal
- Declutter to maximise space
- Bring the outside in with house plants
- Create a designated calm area/space
- Use different areas of the room for different tasks
- Create an optimistic & hopeful environment at least once a day

hope

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