

Self-care toolkit

Learning how to look after ourselves and our emotions is crucial to our wellbeing. Developing good self-care skills means that in times of difficulty, we have a set of strategies that we know work for us and will improve our wellbeing.

Self-care is not a substitute for seeing a mental health professional and accessing outside help if needed. However, self-care is a useful skill that we can learn and develop throughout our lives, and something that schools can teach their pupils.

In this toolkit, there are resources for children exploring the fundamental principles of self-care – helping them to regulate their emotions, practice mindfulness, and keep healthy and happy. There are also resources for staff and senior leaders, to help you fit simple self-care strategies into your busy schedules.

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Anna Freud
National Centre for
Children and Families

Resources for pupils

Self-care kit - Sheffield Children's NHS Foundation Trust

This self-care kit has lots of ideas and activities for self-care for children, including mindful colouring, breathing exercises, an emotional check-in, ways to express thoughts, a self soothe box and more creative activities.

[Go to resource](#)



Wellbeing bingo - YoungMinds

Try playing this quick bingo game with your class which features many different self-care techniques to try.

[Go to resource](#)



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Finding the joy – Mentally Healthy Schools

This resource uses an illustration and basic drama techniques to get children thinking about happiness and where it comes from.

[Go to resource](#)



Emotional check-in – Mentally Healthy Schools

Children and young people can identify why they are feeling a particular way with this resource. When these feelings are positive, children can refer back to the activities that took place to help them practise self-care.

[Go to resource](#)



How many positives – YoungMinds

Learning how to reflect on positive things that have happened can be a useful self-care technique for children. This activity can be run with children of any age.

[Go to resource](#)



Mindfulness calendar: daily five minute activities – Mentally Healthy Schools

A two-week calendar with daily mindfulness activity suggestions. The simple, short activities encourage children to focus on what's around them to find a sense of calm.

[Go to resource](#)



Physical and mental wellbeing: Year 6 lesson plan – Public Health England

This lesson plan explores how looking after our physical health can have a positive impact on our mental wellbeing.

[Go to resource](#)



Resources for staff

10 ways to support school staff wellbeing – Anna Freud Centre

A report, booklet and poster looking at how to best support staff wellbeing in schools. It focuses on self-care and support, balancing workloads, and provides advice on how to measure and monitor wellbeing in schools.

Go to resource



Mental wellbeing audio guides – NHS

A series of audio guides sharing self-care techniques and advice for issues including low mood, anxiety and sleep problems.

Go to resource



Every Mind Matters self-help tool – Public Health England

This free tool, approved by the NHS, offers customised self-help suggestions following a brief quiz about your emotions and experiences.

Go to resource



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