

FEELINGS INSPECTORS RESOURCE

Getting Started with Self Care

About this activity

This is an introduction to the theme. This is best done with children sitting together, in a circle where everyone can be seen and heard.

What do we need?

Slides provided.

Instructions

Explain to the children that as part of their Feelings Inspectors programme of work as well as thinking about relationships with others, we will also think about how we take care of ourselves, this is sometimes called self-care. Have the definition on the whiteboard and read together; this goes back to our early established understanding of what we mean by mental health and wellbeing.

“

**You care about
yourself, and you
take care of
yourself.**

”

“

**You don't say bad
things about
yourself.**

”

Getting Started

Mental health is about our feelings, our thinking, our emotions and our mood. Looking after our mental health is just as important as looking after our physical health. No matter whether you are an adult or a child, we all face different challenges in our day-to-day life. Sometimes, it can be easy to forget to look after our own wellbeing needs, which can lead to feelings of stress or being overwhelmed. It is important that we recognise these negative feelings and know what to do to self-care.

Ask the group to work in pairs and think of two things each that they do when they are feeling a bit stressed or overwhelmed or unhappy. Have children, who are willing, share some of these things. Acknowledge how we are all individuals and how we can all do different things to take care of ourselves, to do our selfcare. And say that we will be doing more about this in the next part of our Feelings Inspectors project.

What helps you?

“

Colouring in

”

“

Having a nap

”

“

Making things

”

Across the week, as adult/teacher you can use times where you are together to talk about and generate chats about selfcare. For example, you can share things like you got home yesterday and felt a bit tired so you got your jacket and wellies on and took the dog out, then you felt much more refreshed and cheery!.

Top tip