

# HOW TO HELP YOURSELF: FOR CHILDREN

HERE ARE SOME IDEAS OF THINGS TO DO TO HELP YOURSELF FEEL BETTER WHEN TIMES ARE TOUGH!

## **MOVE YOUR BODY**

Move your body. Play, run, jump, wiggle, dance, hit a balloon or yell into a pillow.



## **RECHARGE**

Recharge your strength by getting lots of sleep, good food and water.



## **SIT AND BREATHE**

Take some deep breaths. Try blowing some bubbles, smell the flowers, or just notice how fast you are breathing and try to slow it down. Breathe out a little longer than you breathe in.

## **SLOW DOWN**

Try moving with super slow speed for a bit, sit in a quiet space or listen to soft music.

## **POSITIVE SELF-TALK**

Talk kindly to yourself like you would talk to a friend. Examples: "You can do this." "You're doing the best you can." "You will figure this out."



## **STRENGTH**

Do something you're good at, whatever that may be, and celebrate the little things. Examples: Making it to school on time, remembering homework, helping a friend, scoring a goal at soccer.

## **FIND COMFORT**

Choose an object or make something that comforts you. It could be as simple as a stone you find. Keep it with you to feel comforted whenever you need it.

## **FIND SUPPORT**

Look for people you can talk to when you are feeling down. Examples: friend, family member, teacher, coach or counselor.

## **GET CREATIVE**

Express yourself through art, writing, drawing, dancing or listening to/playing music.



## **ALLOW EMOTIONS**

Remember that it's OK to feel sad or angry. You do not need to be strong all the time. Crying is OK, especially when you are talking or thinking about your special person.