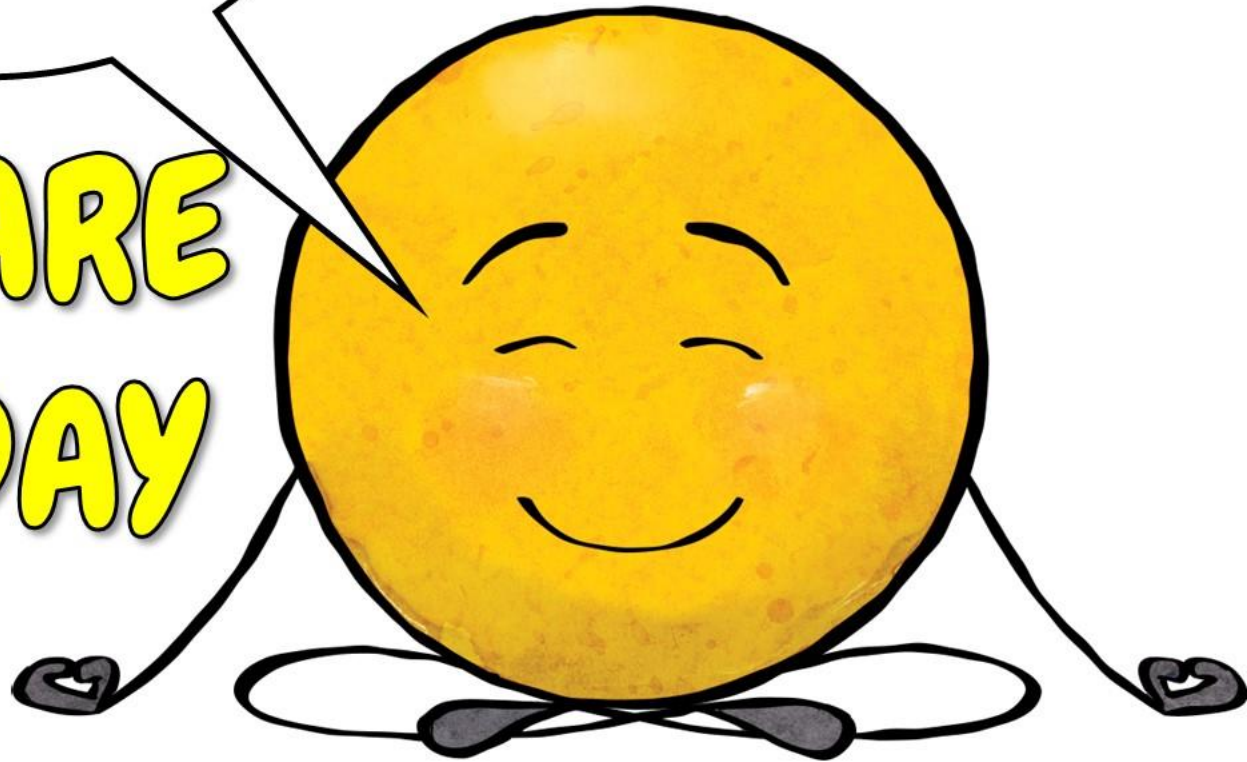


Are you
ready for ...

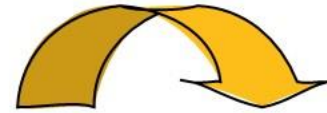


**SELF-CARE
SATURDAY**





I can totally
relax and
chill



What does it mean to relax and chill?

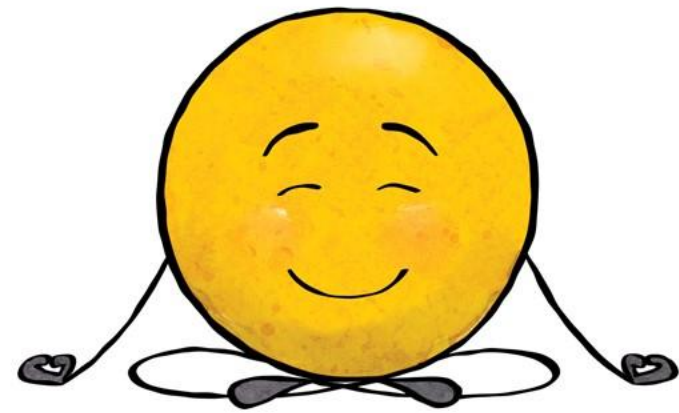


It means you can relax your body and your mind

It means you feel safe and calm

Your worries are gone for a while

You have no tension in your body



Activities



A safe place is somewhere where you can feel safe. You can go to your safe place when you feel overwhelmed, sad, upset, angry, anxious or scared. It might have fluffy blankets, cuddly toys, your favourite books or even some soft fairy lights.



- Plan a safe place this week. This could be at home or at school. You might already have one at school or it might be something your teacher will make for you at some point in the future when more soft furnishings and cuddly toys can be used.
- You can make a list or draw pictures of what the most ideal and relaxing place could be in your house or school. What sort of things you might have in your safe place. You can show your teacher your safe place drawings and ideas when you go back to school.

Go to your safe place when you feel you need to relax

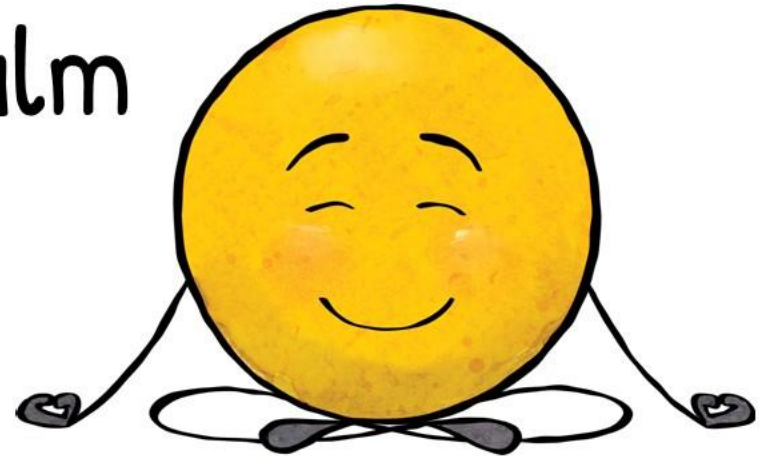


Affirmations



I can relax my mind
I can relax my body
I can feel safe and calm

Look in a mirror and
repeat these
statements out loud
every single day!





Awesome
work!

You can
relax and
chill!

