

SELF CARE TOOLKIT

There are many ways to look after our health. Use this sheet as inspiration to create your own self-care toolkit

Joyful movement



Use our Body Love planner for ideas!



Time with friends

Socialising is an important aspect of health!



A glitter jar

A DIY Glitter jar is a great mindfulness tool!



Time outside

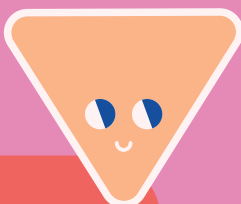
If you can get near trees or nature all the better!



Grow your own



Gardening is good for health!



Make a snuggle den

Make a cosy den to unwind in. Our bodies sometimes need to rest, this is a great way to unwind!

