

5 C's: Ideas for Self Care

Calm



- Deep breathing
- Calming apps and videos
- Read a book
- Listen to music
- Yoga
- Meditate
- Alone time

Care



- Do some positive self talk "I can do this"
- Create a coping or calming box
- Be kind to yourself
- Create a routine

Create



- Make slime
- Do a DIY
- Artwork (draw, colour, collage, chalk)
- Make a fort
- Do some cooking
- Dance
- Make a stress ball

Connect



- Video call friends and family
- Play a board game
- Do a puzzle together
- Play online games together
- Play with pets



Chat



- Parent/ Carer
- Siblings
- Kids Helpline
- Teacher
- Coach
- Grandparent
- Family friend
- Auntie or uncle

Could be in person or online

My 5C's for self care are...

Calm



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Care



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Create



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Connect



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Chat



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Could be in person or online

