

5 C's: Ideas for Self Care

Calm

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

Connect

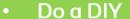
- Video call friends and family
- Play a board game
- Do a puzzle together
- Play online games together
- Play with pets

Care

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

Create





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

Chat



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

Could be in person or online



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



