

New Tool: Self-care dice

Self-care dice is a simple and fun way to make sure you do something each day to look after your emotional and mental well-being.

Instructions:

With your grown up think of all the things you can do that help you feel good/calm/relaxed.

- Make sure these are all simple things that don't take more than 5-10 minutes, things that you can easily do
- Choose 6 ideas and write them below



My self-care dice 1-6



- Cut your list out and stick it where you can easily see it everyday
- Each day roll your dice and do whatever it lands on
- Challenge yourself to do this every day for a week!

Ask your grown-up to join in 😊