



What is self
care and why
is it
important?

TAKE IT FURTHER:

THINK

What curiosity questions can you ask?

E.g. What does self care mean to you? Why is it important to love ourselves? What stops you being able to look after your own needs? What are some practices that you know of that can help you develop good habits for feeling well physically and emotionally?

FEEL

How might different people feel about this?

e.g. How does it feel when your needs aren't met? Why is it important to talk about your emotions and your emotional needs? What feelings do you have when you are feeling well and healthy? What makes you feel well?

CONNECT

What links can you start to make?

e.g. What are some of the things that make everyone feel well and healthy? How can you learn to practice these in your own life? What is the link between being in nature and feeling well? What roles do sleep and healthy eating play in self care?

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RESOURCES:



[9 self-care tips for teenagers](#)

(Article and guide | *Teen Vogue*)

[5 Steps to wellbeing](#)

(Tips and advice | *NHS article*)



[Self-compassion](#)

(4 minute video | *The School of Life*)

[The importance of self-care](#)

(A range of videos | *Ted Talks*)



[Podcasts for your wellbeing](#)

(Short podcast activities | *Mental Health Foundation*)

[Managing anxiety with mindfulness](#)

(35 minute podcast | *Action for Happiness*)



[Guided meditation exercises](#)

(Short recorded activities | *Mindfulness for Teens*)

[Create a self-care weekly plan](#)

(Downloadable templates | *Pinterest*)



[Explore our Happiness curriculum](#)

(A full inquiry curriculum | *ThoughtBox Education*)

[Meet our wellbeing changemakers](#)

(*Ali Knowles* | *Dinah Gibbons*)

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Activity ideas:

1. Being creative is really good for your wellbeing. Take twenty minutes every morning to enter a 'creative zone' and spend time playing music, drawing, painting, dancing, singing, writing, doing photography etc.
2. Having 10 minutes per day for meditation or quiet time is so positive for your wellbeing as it reduces stress, helps anxiety, and makes you more mindful and self-aware.
Start by taking one minute every afternoon to sit in a quiet space and take some slow deep breaths. The next day, sit for 2 minutes and then build this up slowly until you are able to spend 10 minutes each day in quiet time.
3. Being active makes us feel good, both physically and emotionally. Spend at least 30 minutes each day doing something active, either on your own or with your family in the house or garden. Moving your body is a great way to help your mind feel happy and healthy.
4. Having someone to talk to about your thoughts and feelings is really positive in helping your self care. Who do you have / could you invite to be your 'care buddy'?

USE THE **THINKER'S GUIDE TO HELP YOU*

What other activities could you do?

