

2022

SELF-CARE PACKET

FOR KIDS & FAMILIES



About the International

Weekend of Self-Care

The International Weekend of Self-Care was created by The Lily-Jo Project in response to the global pandemic and the heightened focus on health and wellbeing. For 2022, the weekend takes place on the 20-21 of August, and The Lily-Jo Project plans to host the campaign on the third weekend of August each year.

The aim of the International Weekend of Self-Care is to:

- Raise awareness about what self-care is and why it's important.
- Help individuals understand what good self-care practices look like in the real world.
- Inspire the public to try new self-care tips and techniques.

To learn more, check out the [official campaign website here](#).

About the Lily-Jo Project

The Lily-Jo Project is a Manchester-based mental health platform devoted to eliminating the stigma surrounding mental health through **music, digital resources, and community engagement**.

Our [free self-help resource](#) is available 24/7, and is designed to help people manage and overcome the most common mental health challenges - including low mood, anxiety & stress, self-harm eating disorders, low self-esteem, childhood trauma, and grief

We also host live workshops, assemblies, and gigs in primary and secondary schools across the U.K. Our online curriculum is also available for primary and secondary schools worldwide.

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1

All About Self-Care

Self-care is defined as, “the practice of taking an active role in protecting one’s own wellbeing and happiness, in particular during periods of stress.”

In simple terms, self-care is caring for yourself in order to protect your overall health, wellbeing, and sense of happiness. In doing so, we can help to prevent certain mental health challenges from reaching a crisis point.

So what does it look like for families in the real world?

A good self-care routine provides each family member (even the kiddos) with the means to look after the following three areas of health:

Physical Health



Maintaining good hygiene, eating healthily, exercising regularly, and getting 7-12 hours of sleep each night.

Mental Health



Setting aside time to relax, being creative, and staying aware of your thoughts and emotions.

Spiritual Health



Forgiving others, taking time to reflect on your life and feelings, meditation/prayer, and practising gratitude.

Keeping these elements of our health in perfect balance can be a struggle, especially when we are juggling family life, work, and school. We hope that the tips, tricks, and resources provided on the following pages can help your family better understand what self-care is and empower you to start implementing good self-care practices into daily life.



Recommended Self-Care Resources

[Self-Care for the Whole Family...
How to Create a Plan](#)

[You Matter Most from Sesame
Street](#)

[Self-Care Just for Kids Video](#)

[Self-Care Habits for Kids](#)

Self-Care Poster

Never forget the building blocks of self-care with the help of this poster! Print it out or save it to your computer to refer back to when you need it.

S

LEEP HYGIENE 

E

XERCISE 

L

ISTENING TO YOUR BODY 

F

ORGIVENESS 

C

REATIVITY 

A

FFIRMATIONS 

R

ELAXATION 

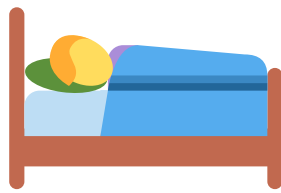
E

EATING HEALTHILY 

2

Sleep Hygiene

Sleep is one of the most important elements of our physical and mental health. Without it, we are at a greater risk of obesity, type 2 diabetes, high blood pressure, heart disease, and stroke. Not only that, but if we have several sleepless nights, our mental health can begin to suffer. Ironically, it's a bit of a catch-22 situation because we need sleep to feel emotionally stable, but when we feel emotionally unstable it can be difficult to sleep.



How much sleep do my children need?

Children ages 3-5 should sleep 10-13 hours daily, those aged 6-12 should sleep 9-12 hours daily, and teens aged 13-18 should sleep 8-10 hours daily.

What if my children struggle with bedtime?

If your child struggles with their bedtime routine, there are a few things you can do to help them learn how to wind down and relax. This includes:

- Keep the steps of their bedtime routine the same each night.**
- Limit the routine to half an hour at the same time each day.**
- Avoid sugar and caffeine after midday.**



Recommended Sleep Resources

[How Many Hours of Sleep Does Your Child Need?](#)

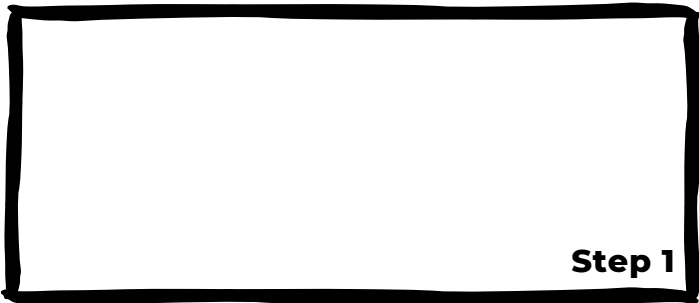
[Kid-Friendly ASMR Videos to Improve Sleep](#)

[CBeebies Bedtime Stories](#)

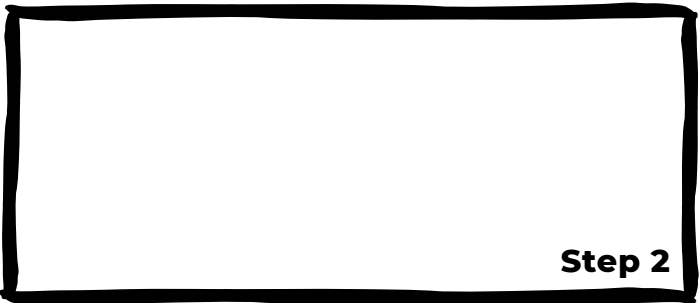
[Sleep Playlist from Sesame Street](#)

My Sleep Routine

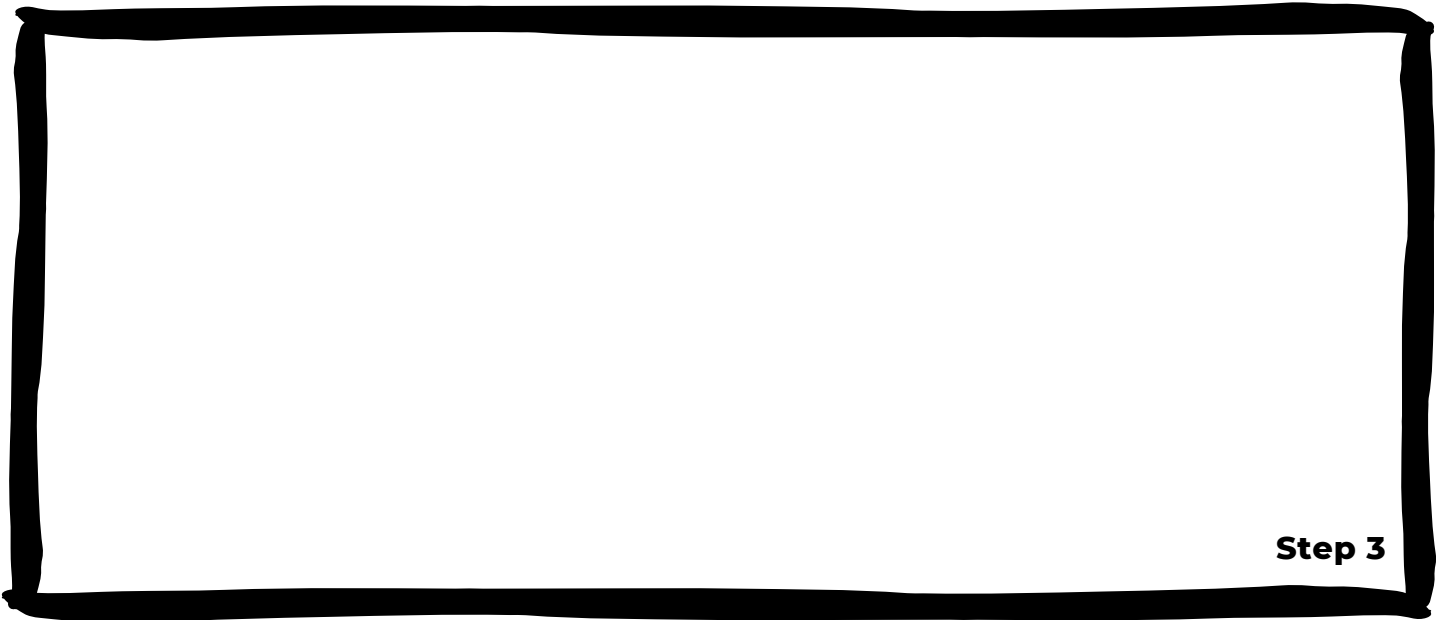
Using the boxes below, help your child build their own bedtime routine. Encourage them to draw pictures and get as creative as possible!



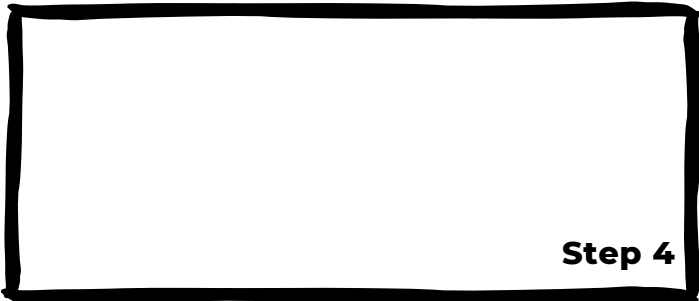
Step 1



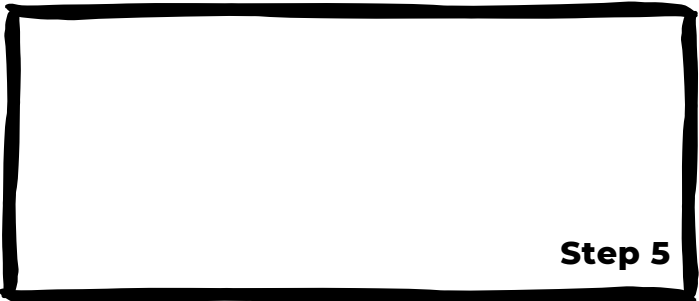
Step 2



Step 3



Step 4



Step 5

3

Exercise

Exercise is not only good for our physical health, it is clinically proven to enhance our overall wellbeing.



How much exercise do my children need?

Kids ages 6-18 require around 60 minutes of moderate to vigorous-intensity physical activity each day.

How can I make exercise a priority?

Understandably, life can get in the way and it can be difficult to find time to exercise - especially if your children prefer indoor activities such as colouring or playing video games. The best way to make sure your children get enough exercise is to help them find something that they actually enjoy doing. Encourage them to try something new - you never know what activity they may fall in love with. Here are some ideas.

Walking. Swimming. Hiking. Water aerobics. Yoga. Basketball. Cycling. Football. Gymnastics. Tennis. Dancing. Frisbee Golf.



Recommended Exercise Resources

[Getting Mental Health Movement Moments Into Your Day](#)

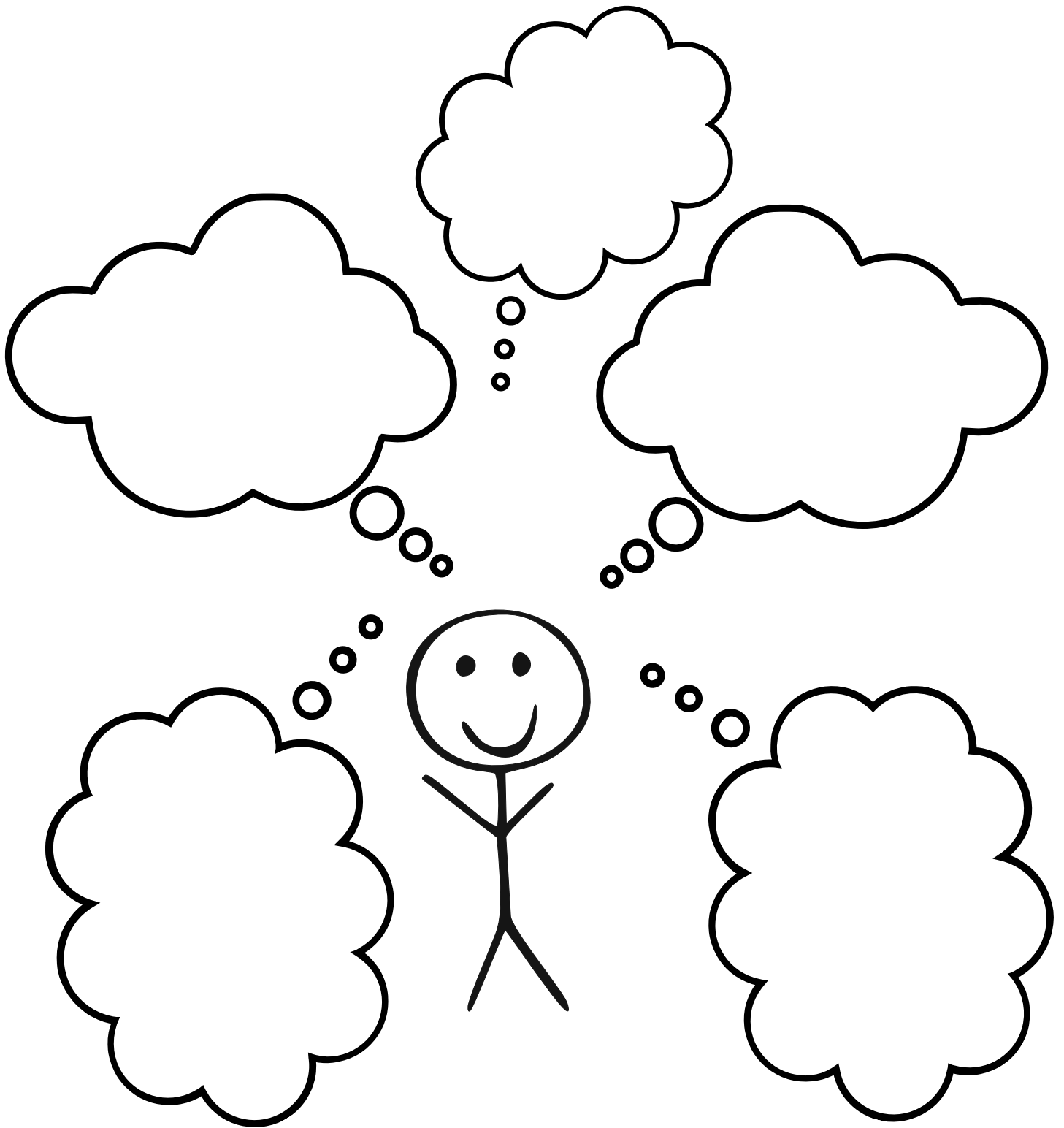
[Workout with Grover](#)

[Get Kids Moving YouTube Channel](#)

[Make exercise a daily habit – 10 tips from Harvard](#)

My Favorite Exercises

Have your child think about their favorite activities and games that get their body moving! Let them visualise these exercises by drawing pictures in the thought bubbles below.



4

Listening to Your Body

It can be easy for both kids and adults to go through the motions of each day without really paying attention to how they are feeling. Regular check-ins are a helpful tool for listening to the body and getting in touch with thoughts, emotions, and feelings.



How often should we "check-in" with ourselves?

As an adult, you should check-in with yourself at least once a day in order to stay in tune with your emotions and stress levels. Children will often need multiple check-ins each day, especially if they have trouble with regulating emotions such as anger, worry, or anxiety.

What questions should I be asking?

To gauge your emotions, ask yourself the following questions: How am I right now? What do I need right now?

You can also ask these questions to your children throughout the day. This not only helps them stay in tune with their feelings, but it reassures them that you are caring, supportive, and trustworthy.



Recommended Listening/Reflection Resources

[Body Beautiful Exercise](#)

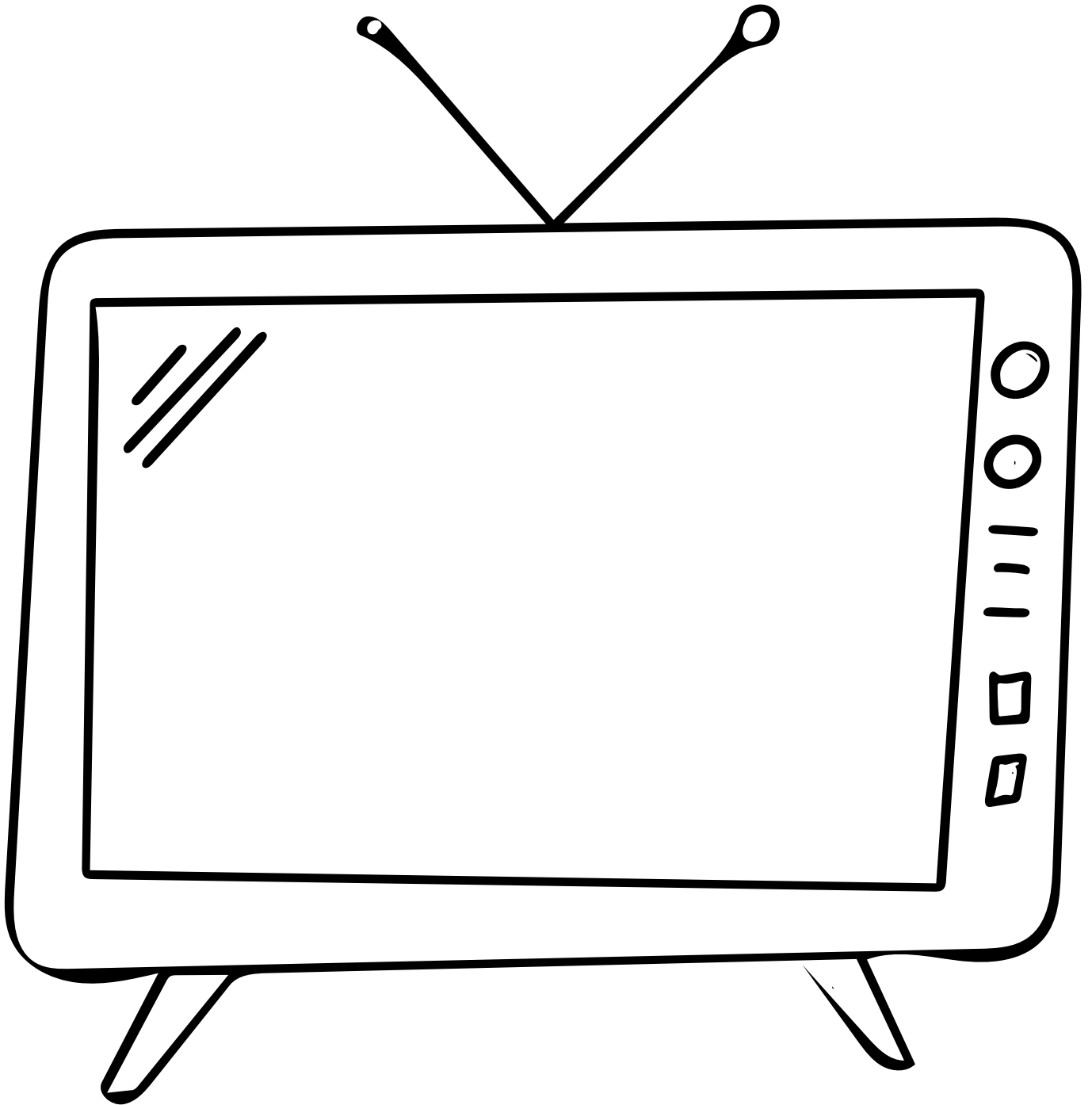
[Kids Yoga, Music & Mindfulness by Bari Koral](#)

[How to Get Kids to \(REALLY\) Listen: 7 Steps for Success](#)

['Calm Body Calm Mind' Song](#)

Checking In

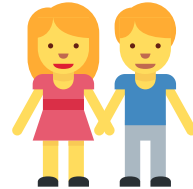
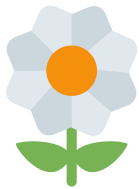
Weather is an excellent metaphor for moods and emotions. Have your child reflect on how they feel and create a weather forecast that matches!



5

Learning to Forgive

The art of forgiveness is critical to the emotional wellbeing of both adults and children. Unforgiveness can hold so much power over us. It weighs us down and holds us back from moving forward.



What are the benefits of forgiveness?

By choosing to forgive, we feel much “lighter” and more in control of our emotions. We also benefit from healthier relationships, reduced stress levels, lower blood pressure, and fewer symptoms of depression.

How can I teach my kids about forgiveness?

Forgiveness is not always easy - even for adults, and it can take some time to help your child understand the importance of forgiveness. Here are some practical exercises you can try that may help.

Write an anger letter.

Talk through your child's feelings in a safe and non-judgemental way.

Encourage your child to see things from the point of view of others.

Help your child see the positive outcomes of forgiveness.



Recommended Forgiveness Resources

[Why Kids Need to Learn How to Forgive](#)

[Helping Kids Consider Forgiveness](#)

[How to Teach a Child Forgiveness](#)

[Cultivating Forgiveness by PBS Learning Media](#)

Write an Anger Letter

In this anger letter, express why you are choosing to forgive someone in your life.
By choosing to forgive, you can let go of negative feelings and move forward..

Dear _____,

I am frustrated with you because_____

I wish you could_____

I choose to forgive you for_____

I will not let _____

_____bother me anymore.

Going forward, I will _____

Other thoughts_____

Sincerely,

(Throw away when finished)

6

Finding Your Creative Side

Being creative gives your children a sense of purpose and achievement. It can also help to distract their minds from worries or stressors.



How can I help my kids get in touch with their creative side?

Some children are naturally more creative than others. However, it's important that all children understand that they can be creative in their own way. To foster your child's creativity, make sure that they have plenty of resources around the house for creative expression, do not micromanage or try to control their creative pursuits, and praise their process of creativity rather than the end result.

My child isn't a fan of colouring, what other creative activities can I introduce them to?

There are other creative activities out there other than colouring! Here are a few ideas if your child is in need of some creative inspiration.

Building with blocks. Clay and dough moulding. Singing. Dancing. Writing. Cooking and baking. Playing an instrument. Beadwork.



Recommended Creative Resources

[Creativity and Play: Fostering Creativity](#)

[Activity Village](#)

[15 Songs for Self-Expression](#)

[The Cat in the Hat Builds That](#)

Colouring

Colouring is a simple yet powerful way to foster your child's creativity. In honour of the International Weekend of Self-Care, have your child colour their very own self-care heart using whichever colours they want!



7

The Value of Affirmations

Affirmations are great for reminding ourselves of who we are and what we value. For children, affirmations are a powerful tool to help them build confidence, know their purpose, and stay focused for the day.



When should I say affirmations with my children?

Affirmations can be said anytime you and your child feel like it! However, many parents like to say a few each morning to start the day on a positive note, and others like to say them in the evenings or before bed as a way to reflect and express gratitude for the day.

My children and I have never used affirmations before...what should we say?

When it comes to affirmations, you can say just about anything - as long as it's positive! Here are some examples.

**Today will be a good day.
I am not afraid of challenges.
I am worthy of love.**



Recommended Affirmation Resources

[125 Positive Affirmations for Kids](#)

[Positive Affirmations for Kids](#)

[Using Affirmations from
Mind Tools](#)

[Positive Affirmations for Kids -
Hip-Hop Style](#)

Create an Affirmation Jar

Print this page to cut and create your own affirmation cards for your child. You can flip through and say them together for a boost of confidence and encouragement!

I can learn anything.

I am worthy of love.

**I am not afraid of
challenges.**

Today will be a good day.

8

Relaxation

Relaxation is an integral part of any self-care routine. You may already know that you, as a parent, need time to relax. But it's important to remember that your children also need to relax and recharge regularly in order to be the best version of themselves.



What are the physical benefits of relaxation.

Relaxation has a number of physical benefits including lowering your heart rate, reducing blood pressure and muscle tension, and limiting the activity of stress hormones.

My children never sit still. How can I help them learn how to wind down and relax?

Let's face it, kids don't always enjoy "relaxing" or "calming" activities, especially if they've had a busy day. The following ideas may help.

Encourage them to try a guided breathing exercise.

Read a book out loud together.

Go for a quiet, technology-free walk in nature.



Recommended Relaxation Resources

[Activities to Help Your Child Wind Down](#)

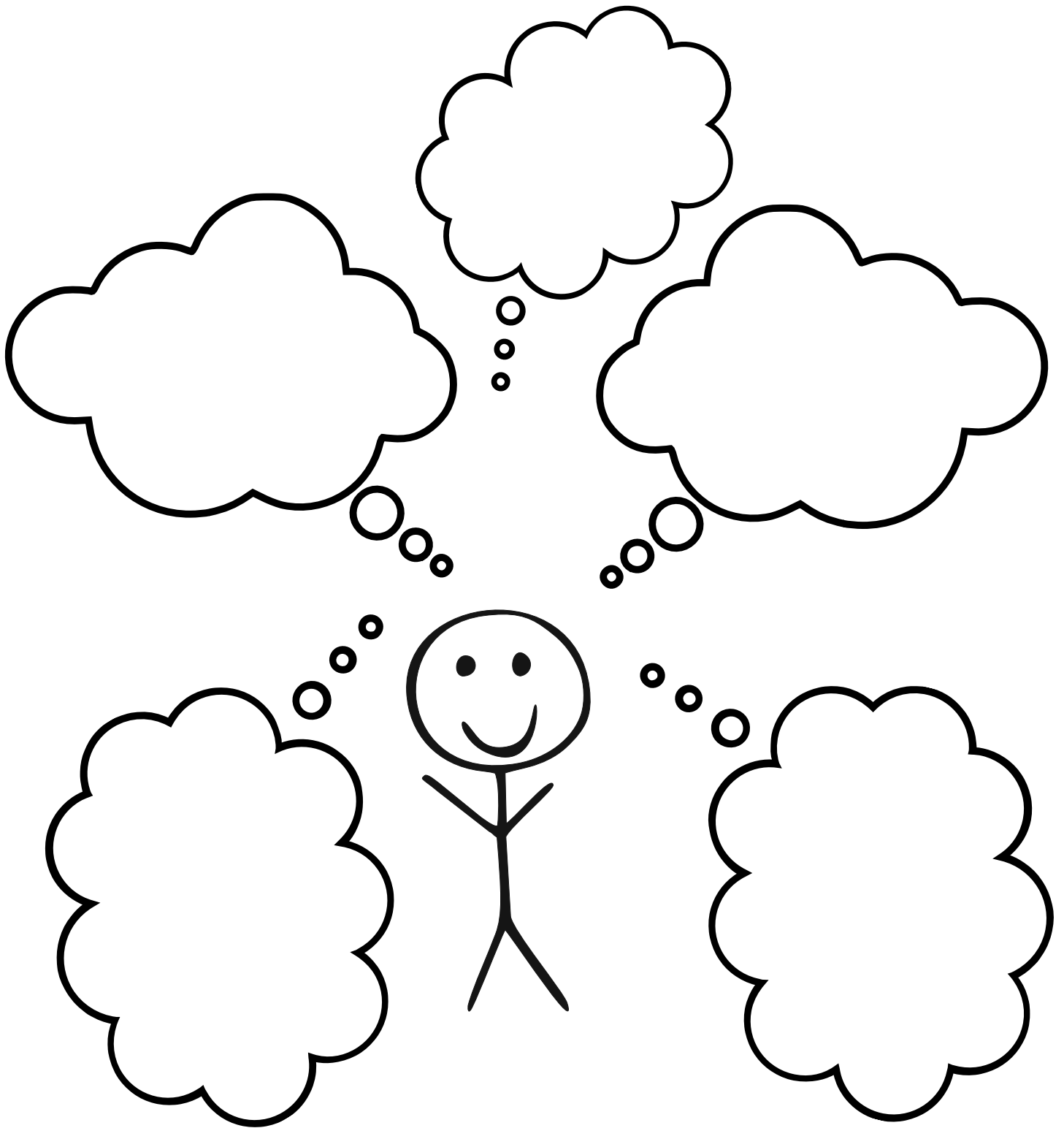
[Relaxing Music For Kids](#)

[Space Breathing](#)

[Play Alto's Adventure](#)

My Favorite Relaxing Activities

Have your child think about their favorite ways to relax! Let them visualise these activities by drawing pictures in the thought bubbles below.



9

Eating Right

When the family is busy or stressed, it's easy to just eat on the go rather than preparing balanced meals that the body actually needs. In turn, this can have a negative impact on everyone's physical health and mood.



How does food impact our mood?

When we eat processed foods that are high in sugar, it's normal to feel a burst of energy at first. However, this is oftentimes followed by a "sugar crash" or a period of low mood. By filling our bodies with the right nutrients, our brains are much better at regulating emotions and staying focused and energised.

What types of food should my family be focusing on?

A balanced diet rich in whole grains, fruits, vegetables, healthy fats, and lean proteins is essential. The following are also clinically proven to alleviate symptoms of anxiety or depression.

**Eggs. Fish. Brazil Nuts. Chamomile tea. Apricots. Carrots.
Sweet potato. Broccoli. Seeds**



Recommended Healthy Eating Resources

[Kid's Healthy Eating Plate Guide from Harvard](#)

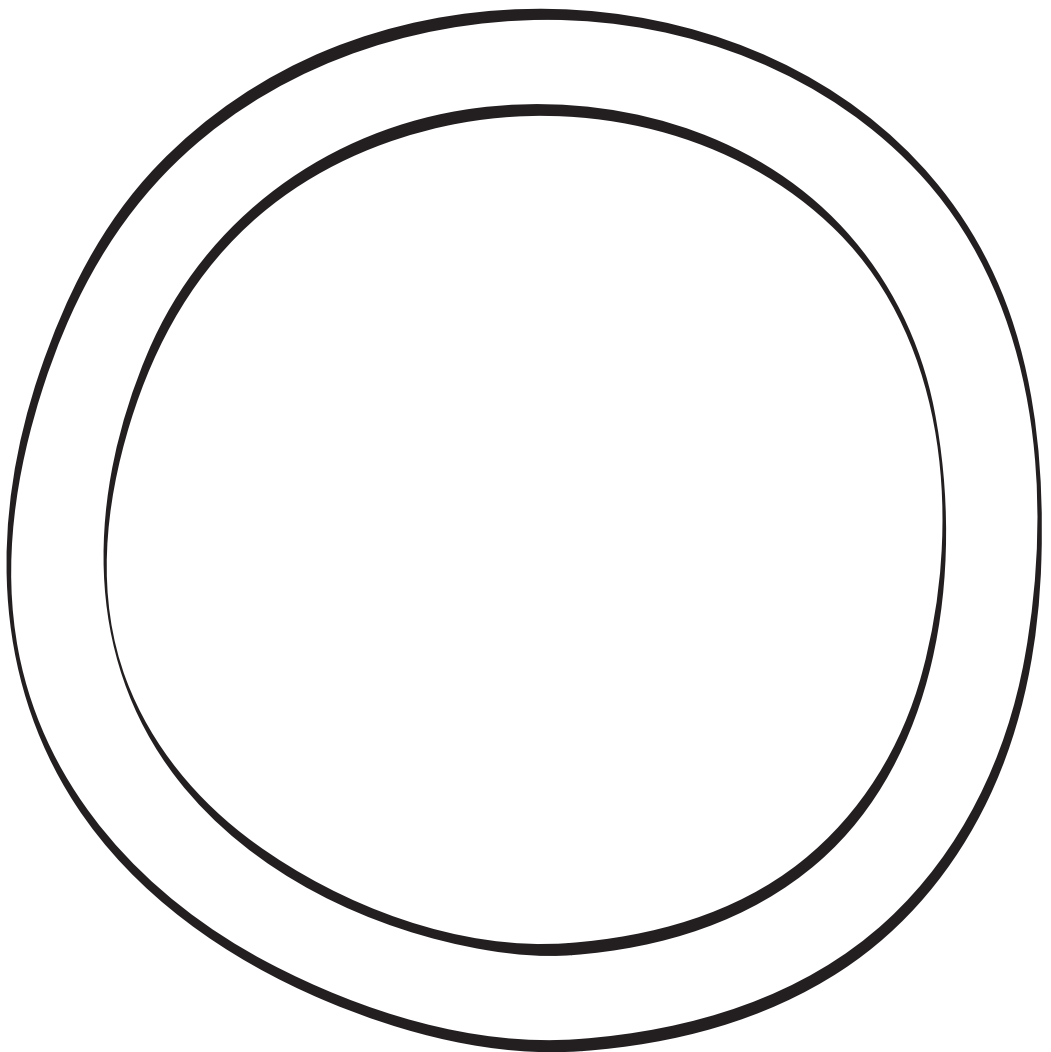
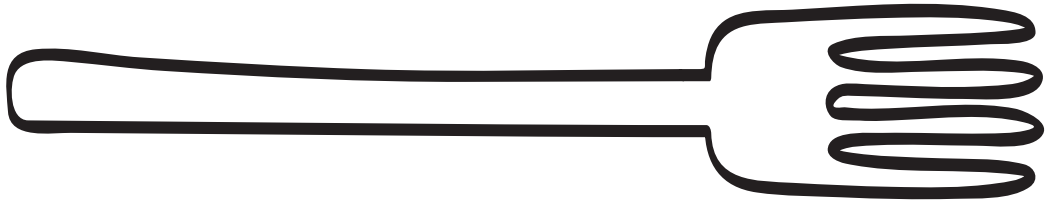
[Healthy Eating by Tesco's Eat Happy Project](#)

[Healthy Kids' Recipes from BBC Good Food](#)

[Healthier Families from the NHS](#)

My Healthy Plate

Use this template, encourage your child to draw pictures of their favourite healthy foods that they love having on their plate.



10

Self-Care & Opening Up

A crucial aspect of self-care is keeping an open and honest dialogue with both ourselves and the people around us.



How does that work?

Keeping an open dialogue means checking in with yourself by asking questions like, “how am I really feeling today” and “what do I need”. It also means communicating those needs to those around us - for example by setting boundaries, saying “no”, and asking for help when we need it.

How can I encourage my child to open up?

Opening up can be an uncomfortable experience for both adults and children. Here are a few tips that may help.

Ask your child open-ended questions about their day, how they are feeling, and if there is anything they need from you.

Let your child know that emotions and feelings are a completely normal part of life.

Encourage your child to write about or draw their feelings.



Recommended Self-Esteem Resources

[The Communication Olympics](#)

[Facilitating Conversations with Children About Mental Health](#)

[PBS Kids Talk About Feelings & Emotions](#)

[Handling Tough Conversations with Children](#)

Open-Ended Conversation Starters

There's nothing wrong with using prompts to help encourage positive conversation among your family. Check out these open-ended conversation starters that can be used throughout the year.

Daily

What was the best/worst part of your day today?

What are you grateful for today?

Weekly

Are you struggling with anything this week? What would help to make it better?

What are you proud of this week?

Monthly

What are you looking forward to the most this month?

Are you worried/anxious about anything coming up this month, and what can we do to help?

Annually

What are your highlights and favourite memories from the previous year?

What is something that you would love to do this year?



Just for you!

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using the following code:

IWOSC10

Visit www.mylittletherapyboxltd.com/shop



Self-Care Challenge

Ready to put your new self-care tools to the test? Why not try our self-care challenge by doing one self-care activity as a family for five days in a row.

MONDAY

Relaxation: Try a 10 minute guided meditation together.

TUESDAY

Affirmation: Start your day by writing a family affirmation on a sticky note.

WEDNESDAY

Exercise: Take a 10 minute walk together in nature.

THURSDAY

Listen: Take a quiet moment to pause and reflect on how you feel.

FRIDAY

Healthy Eating: Try a brand new healthy snack.

You've got this!

Final Thoughts

Remember, self-care is not something we only do once or twice a month. It's something that we have to actively do for ourselves (and encourage our kids to do) on a daily basis.

If your family does not have any regular self-care habits, or maybe you're really great at one aspect but not another, why not set a goal for your household around each of the points in this packet? Write them down in a notebook, set a start date, and keep track of your progress.

It might feel like a challenge at first, but over time you'll find it gets easier and easier!

Get Involved

If you enjoyed this resource and would like to show your support for The Lily-Jo Project, you can get involved in the following ways.

Share

Share your favourite self-care activities and tips with us on [Instagram](#) or [Facebook](#)! Make sure to tag us and use the hashtag #iwosc. Logos can be downloaded [here](#).

Donate

Love what we do? Why not [make a donation](#) to support our continued work in schools and communities worldwide.

Subscribe

Never miss an update by subscribing to our monthly newsletter and mailing list! You [can subscribe here](#) for the latest information and inspiration from The Lily-Jo Project.

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