



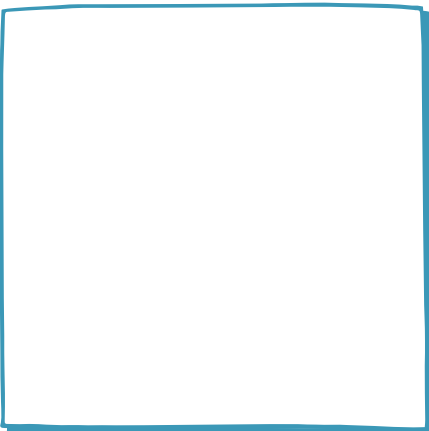

My Self Care Plan



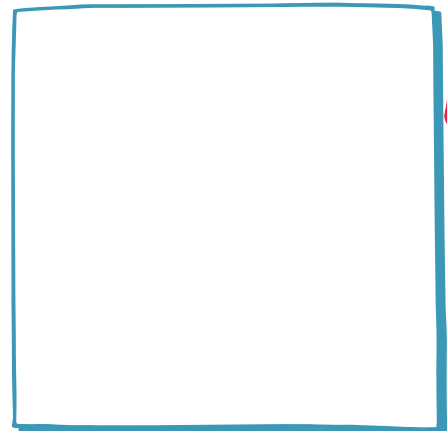

By SATs Companion

Write down what will you do to help maintain your well-being and self care.

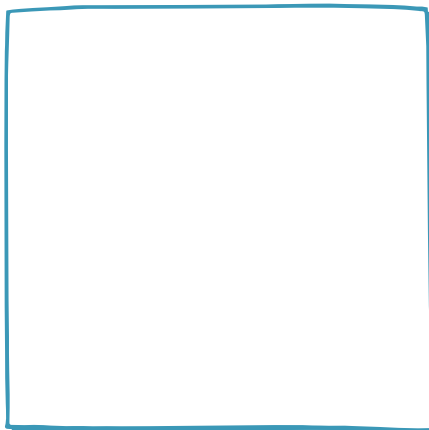

RELAXING ACTIVITIES



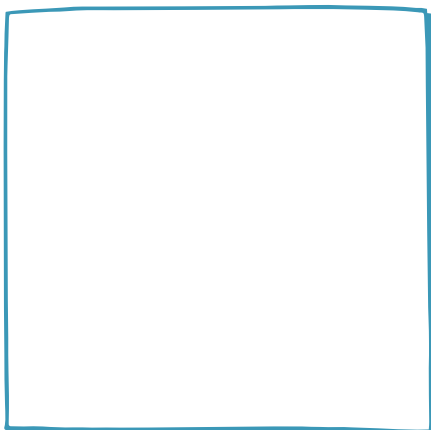

EXERCISE



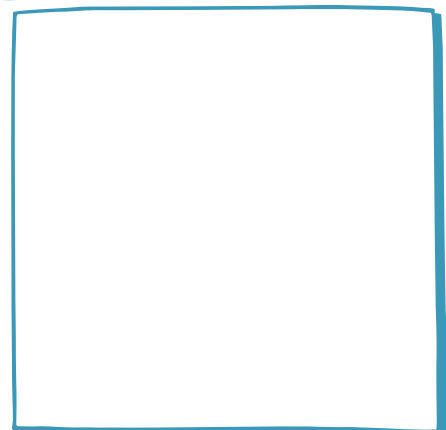

WELLBEING



FUN ACTIVITIES



INTELLECTUAL ACTIVITIES



Managing My Emotions



In each of the boxes below, write down what you will do when you feel the emotion.

When I'm
Happy



Then I'll

When I'm
Nervous



Then I'll

When I'm
Angry



Then I'll

When I'm
Excited



Then I'll

When I'm
Feeling down



Then I'll

When I'm
Worried



Then I'll





POSITIVE THOUGHTS

BY SATS COMPANION

SC



I AM A GOOD FRIEND BECAUSE...

I AM REALLY GOOD AT...

I AM THOUGHTFUL BECAUSE...

MY SPECIAL TALENT IS...

The example below shows how you can turn fixed mindset thoughts into ones with a growth mindset . Use the spaces below to write your own.

I can't do this Maths problem. I give up.

I can try a different way to solve this Maths problem.



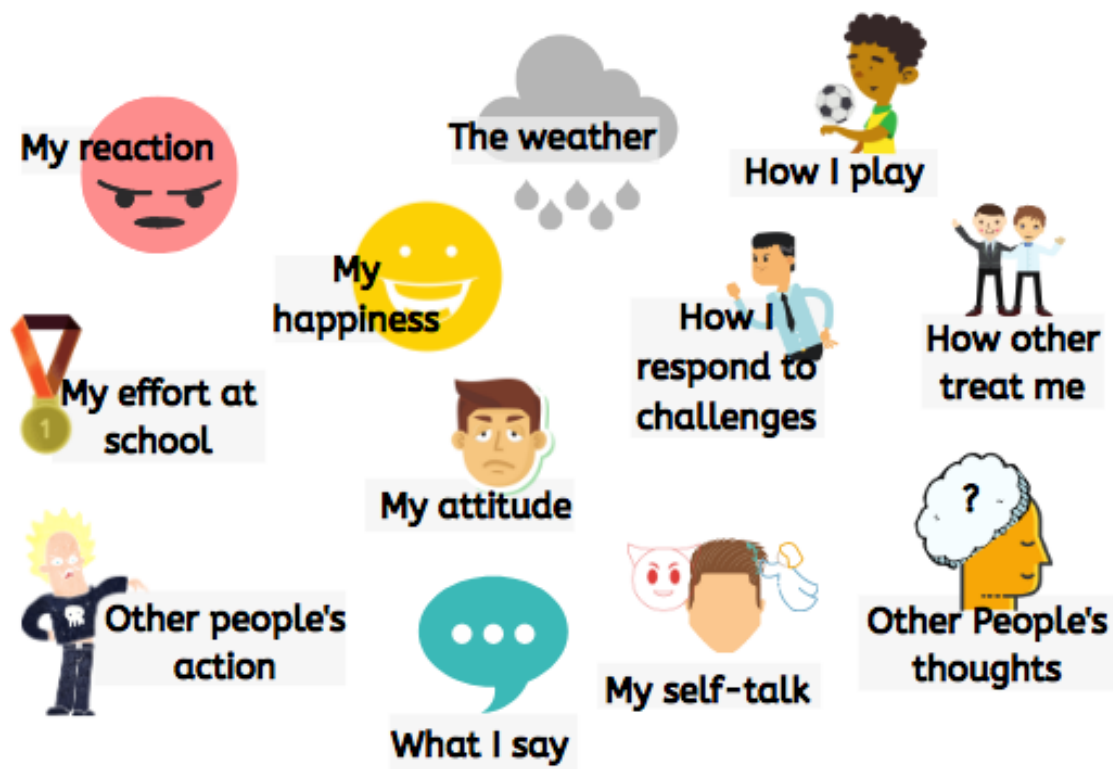
Letting Go

WELLBEING

ACTIVITY

There are many factors that affect us, which cannot be controlled. Such as the weather. Holding on to negative emotions with regards to these factors can have an impact on our wellbeing.

Draw a line to sort each item into the correct brief case.





Reflecting On The Week

Write your thoughts, in the boxes below.



The best thing that happened this week was.....

.....

.....

.....

Something that challenged me this week was.....

.....

.....

.....

Something I didn't like about this week was.....

.....

.....

.....

Circle the face that best represents how you felt this week...



WHAT ARE MY BEST QUALITIES?



We are all different.

We all are unique.



List as many qualities as you can!
Be proud of all your wonderful qualities!

Examples:

I am brave, I am honest, I am hardworking, I am good at art, I am good at sports.

Name