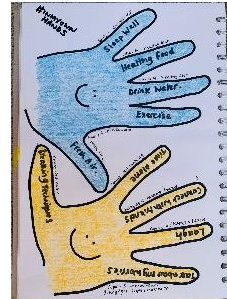


# All About Me: Calming Down and Self-Soothing – younger children



Sometimes things that happen around us can make us feel overwhelmed or anxious. That's when it all feels a bit too much and we want to hide or scream or shout. During these times we need to learn how to calm ourselves down or self soothe.

The following activities will help you to think about what these self-care activities could do for you. Choose one. Enjoy. Please do share sketches, photographs or examples. We would simply LOVE to see these. Tag us on twitter @resilientrutland @ BrookeHill\_ELSA or Facebook ResilientRutland Brooke Hill Academy ELSA.

## Activity 1: In my own hands

Draw two hands – you could draw round your own hands or free sketch them it doesn't matter. So 10 fingers/thumbs to identify 10 things that you find helpful to self-soothe or cheer yourself up – label them and see what you have. Then you make a promise to try /focus on one of these every day to help your own self care. Here is mine – the left hand I used for basics that I know I need and can let slip. The right hand is more about activities or people to help. Your hands may be completely different!



## Activity 2: Self Care Wheel



You can use a paper plate for this or draw round a plate on a piece of paper. Round the edge of your plate draw or stick your favourite activities. Choose things just for you – to raise a smile, to relax, to calm or refresh yourself. Then you can simply spin the arrow and pick a self-care activity just for you! Here is mine but what will be in yours?

## Activity 3: Self- Care Jar



book? Find some quiet time alone? Call a friend? Do some art? Sing? What ideas have you got?



Find a jam jar or similar that is no longer needed. You may want to decorate it or personalise it in some way. Cut up some little strips of paper. On each strip write down a self – care activity. What will they be? Lie down and listen to music? Read a

Notes: The Resilience Framework for Children and Young People (October 2012 adapted from Hart and Blincow with Thomas 2007) contains 42 different resilient moves. This is an everyday action that research and evidence has shown us can build resilience. By sharing resilient moves we will share a common language and ideas to build resilience. This is important now even more than ever. <https://www.boingboing.org.uk/resilience/resilient-therapy-resilience-framework/>

**Resilient Moves:** #5 Healthy diet, #6 Exercise & Fresh Air,

#7 enough sleep, #8 play & leisure, #21 Friendship, #33 Calming down & self-soothing, #41 Fostering talents



**Thank you** @beingboing, @youngminds, Headstart Resilience Revolution @HSBlackpool for sharing resources & inspiration for Resilient Moves. Dr Pooky Knightsmith for her resources, courses & getting me thinking @PookyH. **Lyn Harte 2020**