

Self Care Acts For Kids

Journaling - write down how you feel and work out why

Shower or bathe - wash away the negativity

Do some drawing, or create something

Practice saying positive affirmations

Read a book to yourself

Do some exercise - practice yoga, or go for a walk

Tidy - a clean space will make you feel happier

List 5 things that you love about yourself

Teach yourself a new skill

Talk to friends or family. Being social can help even if you don't feel like it.

kids self esteem

Thinking positively about yourself makes you feel happier! Give it a go here and see how you feel afterwards.

5 things I'm good at...

- 1.
- 2.
- 3.
- 4.
- 5.

5 ways I help other people

- 1.
- 2.
- 3.
- 4.
- 5.

5 things that make me happy...

- 1.
- 2.
- 3.
- 4.
- 5.



Kids Self Esteem Journal

Something funny I did or said...

Something helpful I did...

Something I did that I'm proud of...

Something that I found difficult but tried anyway...

Something nice someone said about me...

Something nice I said to someone else...

positive affirmations for kids

lukeosaurusandme.co.uk

I am
strong

I can try
new things

I am loved!

I am
helpful

I am
confident

I am
proud of
myself