*Find a box or container to decorate and use as your Self-Care Toolkit.

*Keep these cards in your Self-Care Toolkit with activities and tips to help you stay grounded.

Remember:

- Soil provides a nourishing foundation for seeds to grow, and keeps them grounded.

- Recognizing our own emotions builds the foundation for us to grow and manage them.

- Grounding techniques, mindfulness, and meditation can help us connect with our emotions, and balance our emotional response.
Fill your roots with ideas for grounding activities or color them as you practice these activities.
EMOTION SCALE:

Green: I feel good! I am going to do self-care during my day.

Orange: Pause. I need to check-in to my toolbox.

Red: Stop! I feel upset. I need something from my toolbox.

And have fun!
Emotion Scale:

Me calm:
Things that help
When I feel happy:
An example of

Me feel motivated:
Things that help
When I feel neutral:
An example of

Me feel better:
Things that help
When I feel upset:
An example of
Calming Jars

ADD WARM WATER TO YOUR JAR UNTIL IT REACHES HALF WAY UP.

ADD THE GLITTER GLUE AND STIR UNTIL COMBINED WITH THE WATER.

ADD 1-2 DROPS OF FOOD COLOR THEN STIR. ADD GLITTER THEN STIR.

TOP OFF JAR WITH WARM WATER UNTIL ALMOST FULL THEN SECURE THE LID.

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Sensory Dough

Ingredients: 1 cup baby oil, 8 cups flour

Mix the ingredients together. Store in an airtight bag. Sensory dough will last for one week.

Be sure to wash hands before and after playing with the sensory dough.

Allergy safe essential oils can be added to the mix. Recommend 2 drops of preferred essential oil be added and mixed into the dough.

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