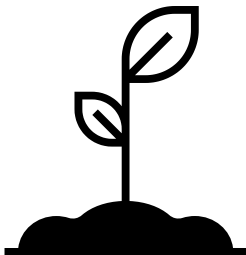


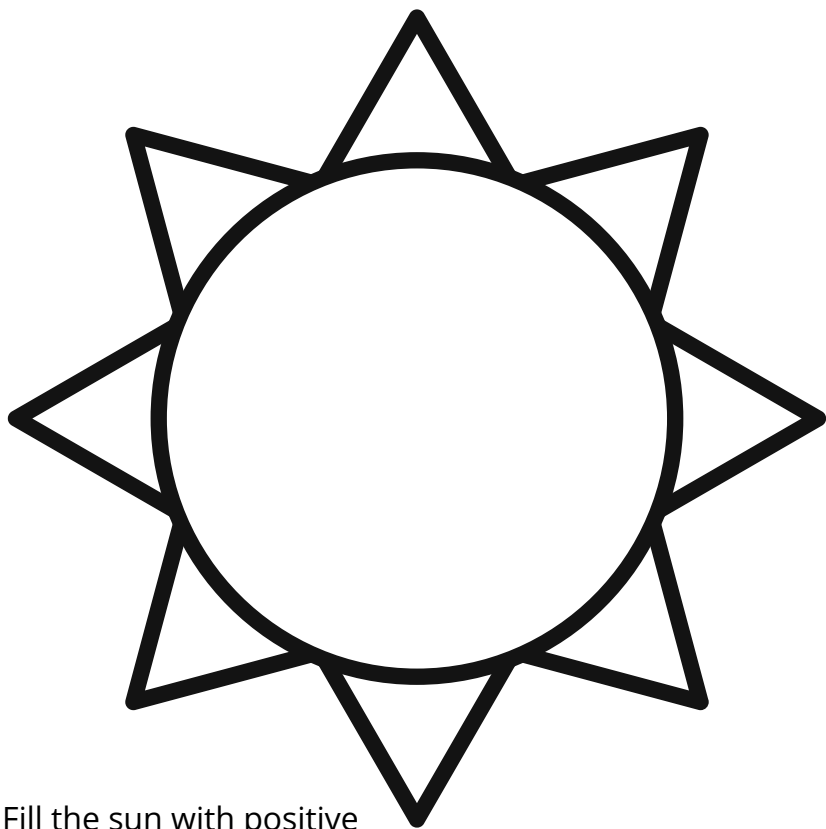
**\*Find a box or container to decorate and use as your Self-Care Toolkit.**

*\*Keep these cards in your Self-Care Toolkit with activities and tips and breathing exercises to help clear your mind.*

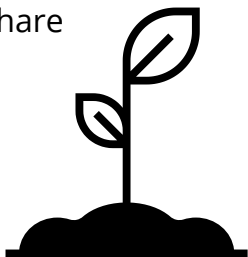
**Remember:**

- Sunshine provides warmth and energy to help seeds grow.
- It is important to give ourselves the same warmth we share with others through kindness and gratitude. Treating ourselves with kind words and affirmations encourages positive thinking habits to grow.





Fill the sun with positive thoughts (words, ideas, things that make you happy or ways to share kindness).



# Gratitude Chain

Cut strips of paper.

Each day, choose a strip of paper and write down something you are thankful for. (It can be as big or as small as you want).

Make a loop with your paper strip, using glue or tape, and start linking them together to form a paper chain.

Hang your chain somewhere you can see it.

Pick a day to take the links apart and read all the things you are grateful for.



# Happiness Jar

Find an empty jar, box, or any container.

Write a few positive messages or happy memories on small slips of paper. (1 message per slip of paper)

Fold each message, and put them in the jar.

Every day, write a positive message or a happy moment on a small slip of paper, and add it to the jar.

Shake your jar up, and pull out a message any time you need a bit of positivity or encouragement.



# Affirmation Mirror

Look into the mirror and *smile*.

Say something positive or helpful:

What do you like about yourself?

What would you like to change or need help with?

Examples:

I am kind.

I can try new things.

It's ok to feel sad sometimes.

I can forgive others.