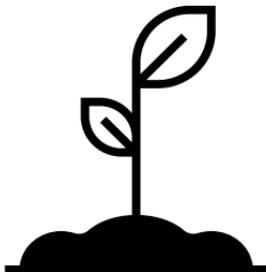


***Find a box or container to decorate and use as your Self-Care Toolkit.**

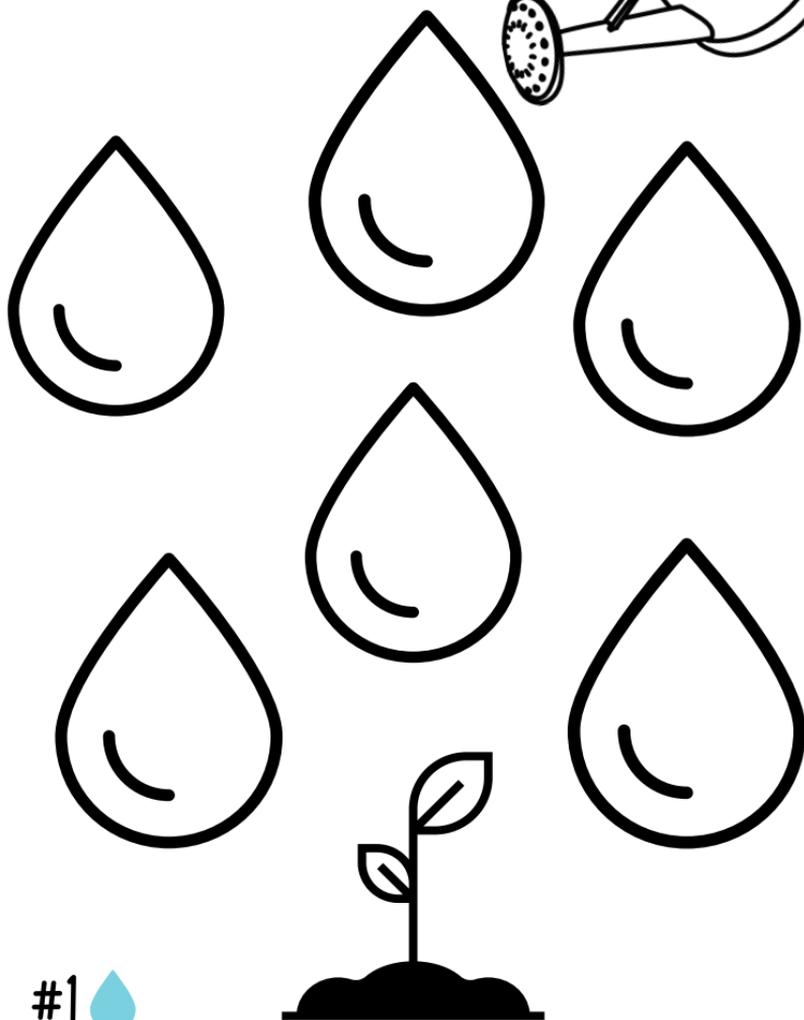
**Keep these cards in your Self-Care Toolkit with activities and tips and breathing exercises to help clear your mind.*

Remember:

- Water nourishes and refreshes seeds/seedlings to help them grow.
- We need activities that nourish and refresh our minds and bodies.
- Fulfilling activities are different for everyone: rest, exercise, play, reading, crafting, or any activity that replenishes your spirit.



Fill your water drops with fulfilling activities or color them in as you practice.



#1 



Keiki Self-Care BINGO



COOKED WITH AN ADULT	DID BUBBLE BREATHING	BUILT A FORT	DID AN ART ACTIVITY	LEARNED SOMETHING NEW
SHARED YOUR FEELINGS	DID SOMETHING HELPFUL	LEARNED ORIGAMI	DANCED TO A FUN SONG	BRUSHED YOUR TEETH
PLAYED CARDS OR A BOARD GAME	READ FOR 10 MINUTES	FREE	DRANK WATER	ASKED FOR HELP
CALLED A RELATIVE OR FRIEND	USED YOUR IMAGINATION	MADE YOUR BED	TURNED AN EMPTY BOX INTO SOMETHING ELSE	SANG A SONG
WENT FOR A WALK	WATCHED A FUNNY MOVIE	ATE YOUR VEGETABLES	PLAYED AN INSTRUMENT	EXERCISED

#2



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Pom Pom Buddy

Use ribbon, pipe cleaners, scraps of paper, beads, or anything you want to personalize your new friend.

Give your pal a name.

Keep your new buddy in special place or take them with you, and give them a little squeeze when you need some encouragement.

