

Self-care scavenger hunt

Find your favourite toy.

Hug someone you love.

Find something that is your favourite colour.

Write down something nice someone has said about you (or just remember what they said).

Find something soft that's nice to touch.

Play/sing a song that you like to sing/dance to.

Tell someone something good about themselves.

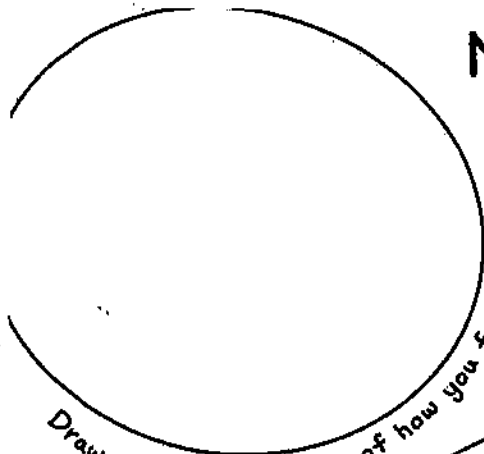
Find something that comes from nature.

Find something that makes you smile.

Draw a picture of your favourite memory and remember what made it special and how you felt.



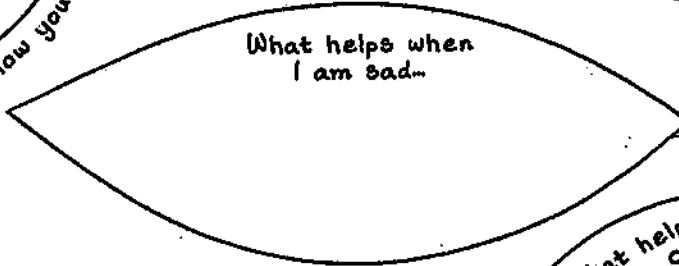
My ChAMEleon tree



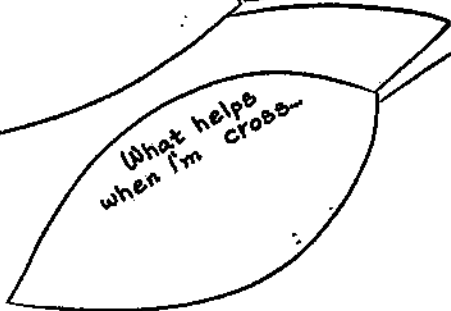
Draw a face in the sun of how you feel today



My friends are...



What helps when I am sad...



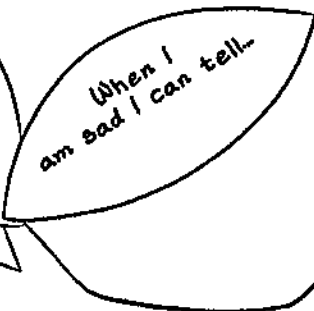
What helps when I'm cross...



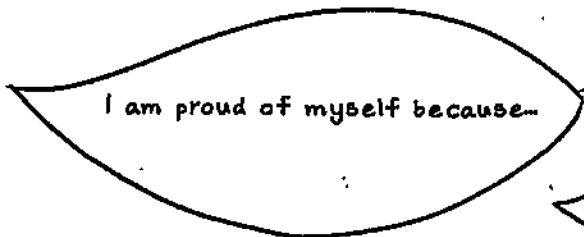
I am looking forward to...



What helps me to relax...



When I am sad I can tell...

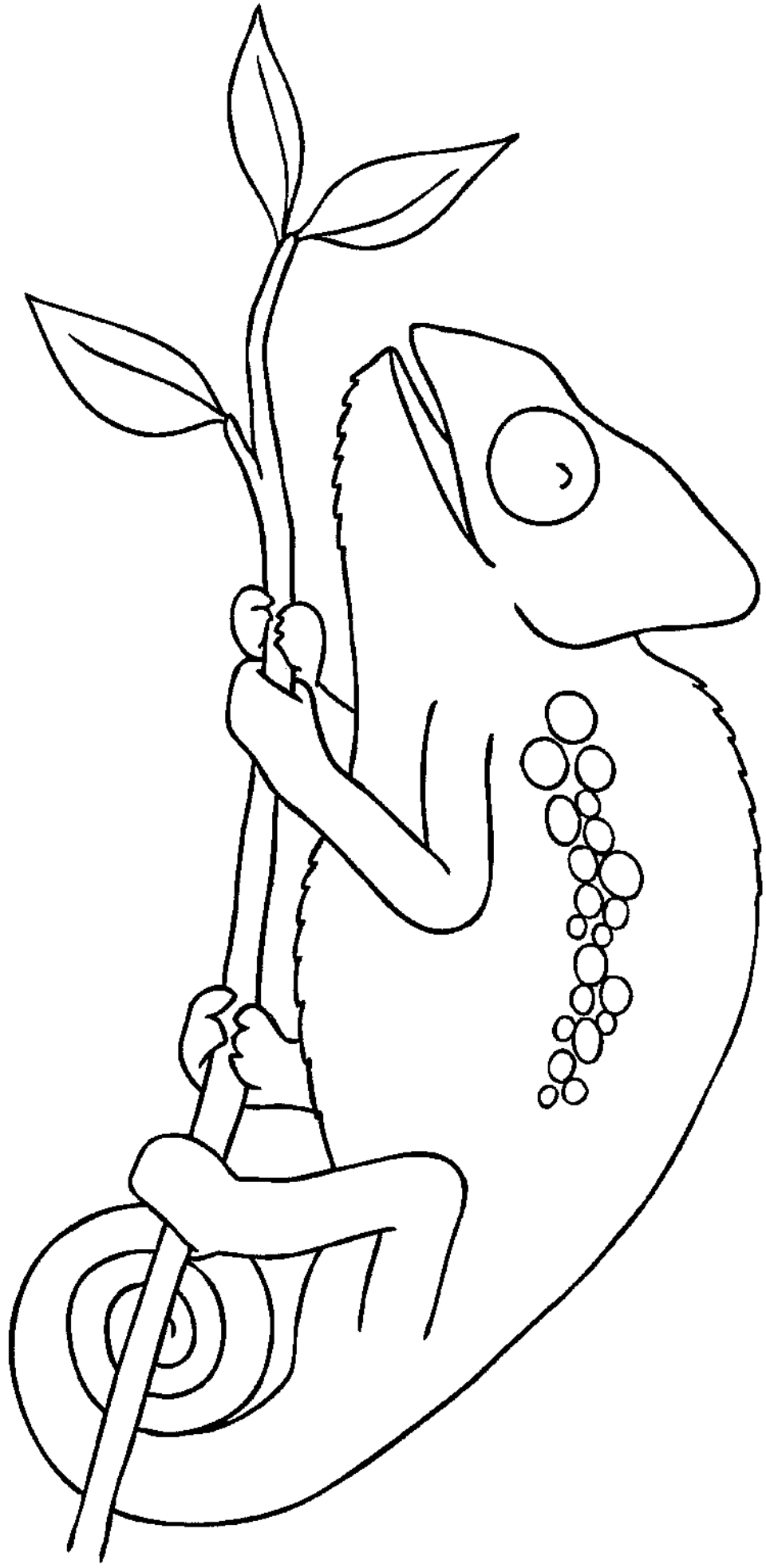


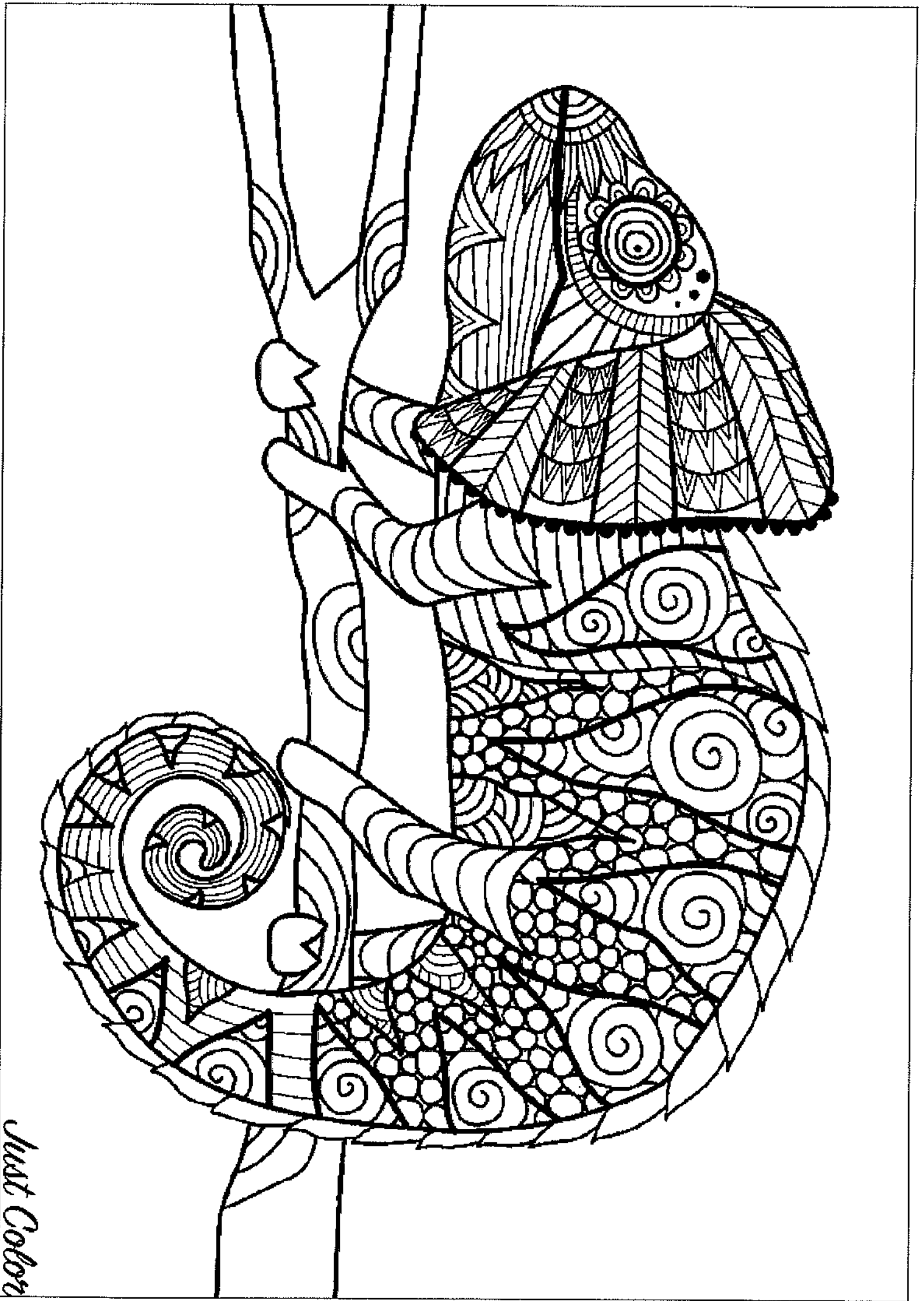
I am proud of myself because...



I am good at...

My trusted adults are...





Just Colors

