

Top Tips for Looking after Yourself at Home

It can be difficult when your routine has changed and you can't go to school or do the after-school activities you are used to. Sometimes you might feel bored, frustrated, sad or lonely. It is important to look after yourself when you feel like this.

Here are some top tips to try when you feel like this. Some activities will only take a few minutes whereas others will take much longer. Choose an activity that is right for you and the amount of time you have.

10 Minutes

Sing aloud to your favourite song.

Read a comic.

Talk to an adult about how you are feeling.

Watch something that makes you laugh.

Play with your family.

Look at some photographs.

Watch your favourite cartoon.

Make up a quick dance routine.

Style your hair.

Draw a picture.

Colour in some pictures.

Get a drink and a healthy snack.

Make a mood jar with coloured marbles or pieces of paper. You can write your feelings on the pieces of paper if you wish.



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30 Minutes

Paint a picture.

Get some fresh air.

Play a board game with your family.

Call a friend.

Write down ten reasons that you are amazing!

Play online with your friends (ask an adult first).

Make a clay model.

Make a snack.

Write in your journal.

Write a letter to someone you know.

Help an adult to bake some biscuits or buns.

Have a bath or shower.

Do an exercise session.

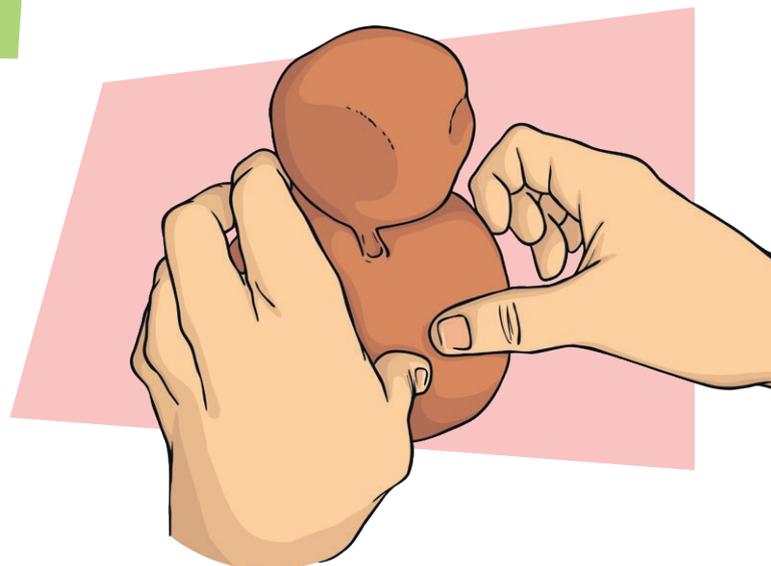
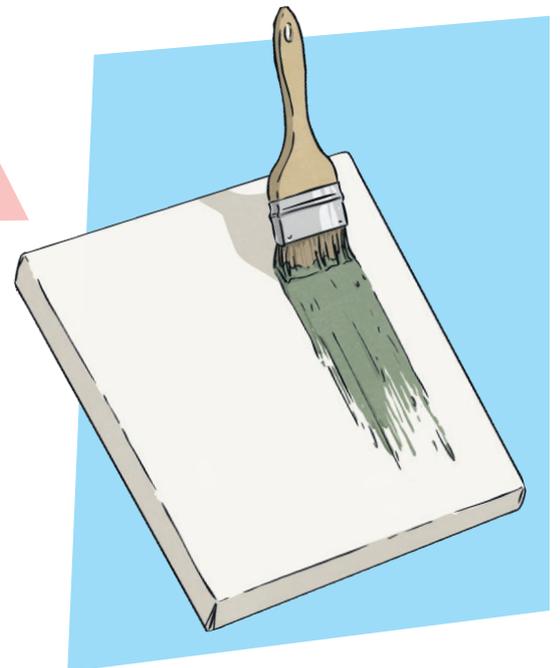
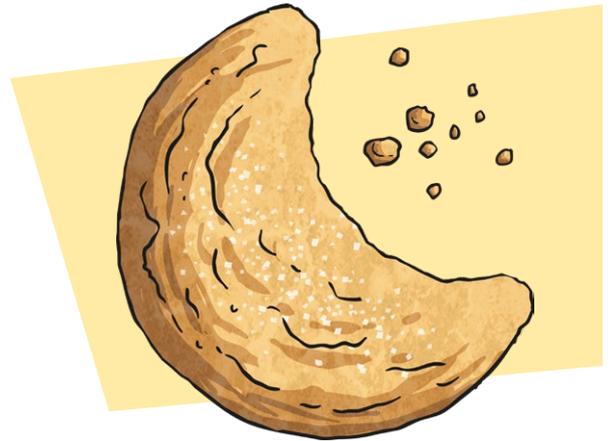
Do some mindfulness exercises.

Try some yoga.

Read a book.

Create a worry box.

Write the emotions you are feeling on a body map/[gingerbread person](#).



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60 minutes

Help make dinner.

Go outside and play.

Play a board game.

Go for a walk, run or bike ride.

Help an adult to bake a pudding or cake.

Think about what your five best qualities are. Write these qualities down and then think about why these qualities are so important to you. Ask yourself: when do I use these qualities? What is the effect of the quality on myself and others? How can I use my qualities more each day?

Take time to complete any tasks you have been given - learning to take your time will help you learn patience.

Watch a funny movie.

Listen to some songs that you can sing and dance along to.

Write in a journal and draw pictures to explain how you are feeling.

Research a new skill that you have always wanted to learn.

Create a timetable for yourself for the week.

Decorate some biscuits or cake.

Learn how to sew or knit.

Play computer games.

Think about and write down what your three top talents are. Think about how they make you feel and why they are special talents.

Reflect on your day. What has been the best thing about today? What are you proud of? What made you happy today? What is the most important thing you have learnt today?