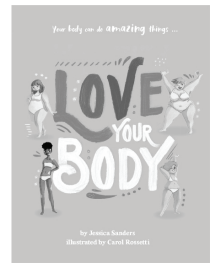
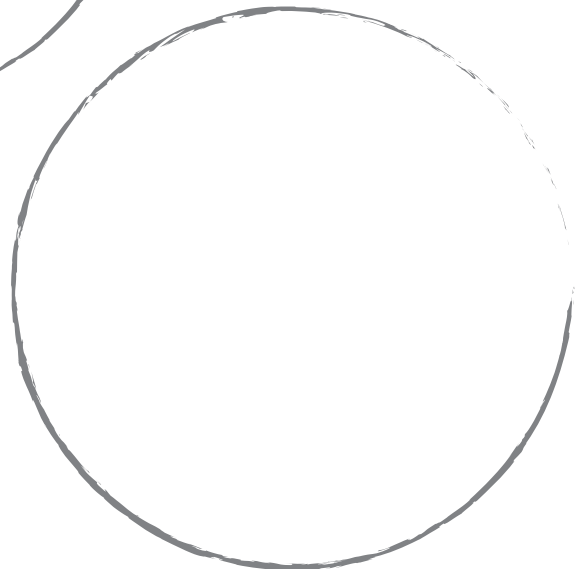
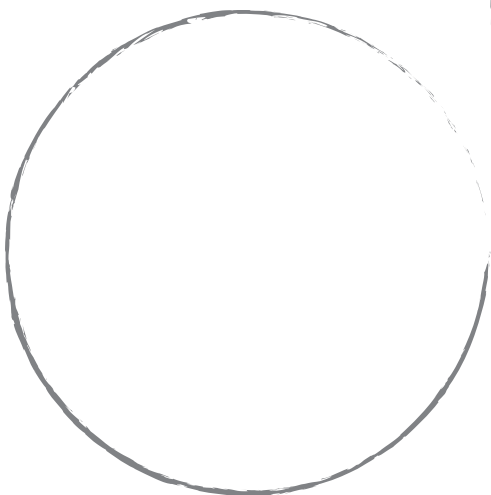
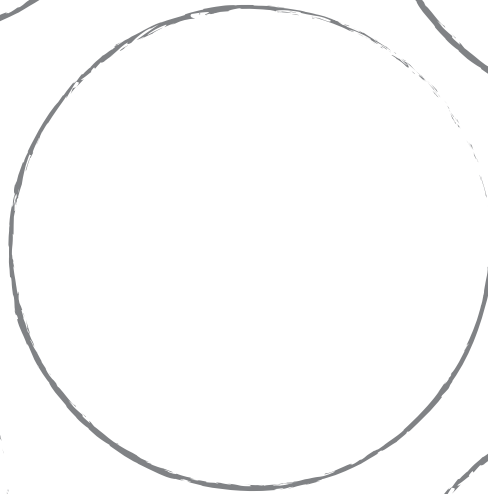
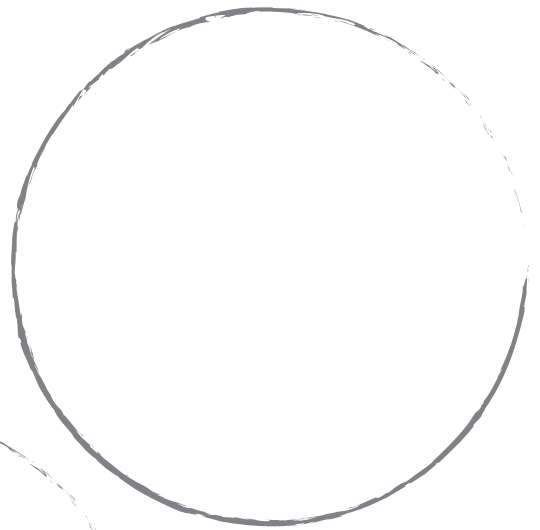
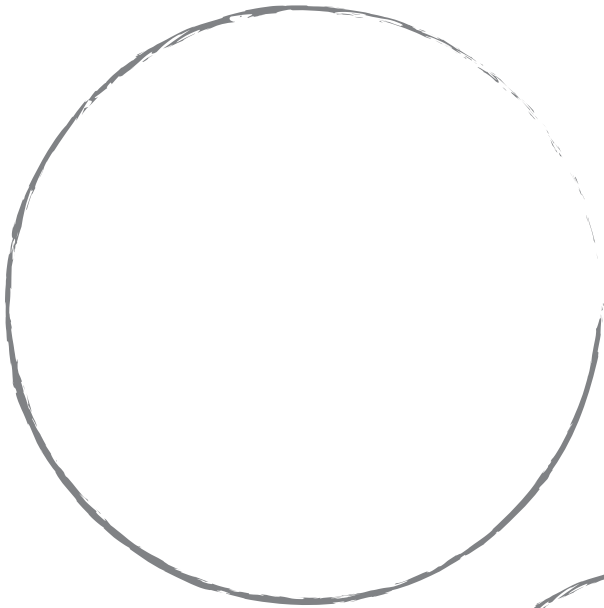


# My self-care plan



If you're feeling a little down, you need to look after your mind and body. In the circles below, write down five ideas about how you can show kindness to yourself and help yourself to feel happier.



If these ideas aren't working to make you feel better, you may need to talk to a trusted adult, or call a kids support helpline.