

# Self Care Collage

## Objectives

- ❖ Learn the components of self-care and create a collage to represent how to practice it.

## Duration

- ❖ 1 hour

Material	Quantity
Poster Paper	1
Magazines	2-4
Glue	1
Markers	1 pack

## Aspects of Self-Care

Explain the following to your child:

- What you need to do to take care of yourself is unique to you. Everyone has different needs.
- Self-care can be broken up into separate parts. It is best when you take care of your needs in all areas of your life.

### 1.) Physical

- Getting enough Sleep
- Eat a healthy diet and don't skip meals
- Get physical activity (even a daily walk will make you feel better!)
- Stay home and rest when you are sick

### 2.) Psychological/Emotional

- Keep a Journal
- Have a hobby that makes you happy
- Make time to see friends and family
- Make time to relax
- Talk with a friend or family member when you need extra support

### 3.) Relationships

- Make time for your relationships with friends and loved ones
- Have a balance between how much you are working and how much time you spend with people you care about
- Have boundaries, a good relationship is not harmful to you

## Collage Procedure

Have your child create a collage that represents how they will take care of themselves. The board will have different areas such as physical, emotional and relationships. Have your child cut out images from magazines and make a collage representing the different areas. For example, the portion regarding physical well-being may have images of sports and the outdoors while emotional may have smiling faces and images of other hobbies that your child has.