

Self-Care & Mental Health

Tips for Kids



Share your own feelings to encourage self-awareness.

Set aside time for low stress or solo activities.



Find social groups that help them feel like they belong.

Recognize toxic stress events.



Encourage journaling and writing.



Focus on articulating feelings.

"I am angry."
"I am sad."

Practice self-care for yourself to set the standard.

Cultivate interests and hobbies.



Encourage them to focus on the moment.



Establish a self-care routine.

Blessing Manifesting