

SEND and STUDENT SUPPORT



Self-care Check List

Activity: Put a tick next to the ones you think you do.

1. **Sleep.** (Do you get at least 6-8hours sleep?)
2. **Eat healthy and balanced meals.** (3 meals a day with snacks in between)
3. **Exercise.** (Walking, dancing, running, swimming etc)
4. **Take breaks to refuel.** (Taking 15-minute breaks during homework or revision to reset)
5. **Journal/Diary.** (Write down thoughts, feelings, organising yourself, important dates to remember)
6. **Meditate and practice relaxation techniques.** (Breathing exercises, using the calm app etc)
7. **Do you set realistic goals for yourself?** (Do you write them down, and make sure they are achievable?)
8. **Social Life!** (Do you make time to see friends, spend time with family, seek support and talk to a trustworthy friend or adult?)

Please turn over for the next part! 😊

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<p><u>How many did you tick?</u></p>	
<p><u>What self-care exercise do you do the most?</u></p>	
<p><u>What do you do the least?</u></p>	
<p><u>Set a GOAL and make it HABIT!</u></p> <p>Choose <u>one</u> of the exercises to practice for the next week.</p> <p>How will you fit this into your routine?</p> <p>What time/day will you try this?</p> <p>How many times a week will I practice this?</p>	