

<https://www.youtube.com/watch?v=Fp2b9QiTI44>



Headstrong

Week 2

Self-care





A central white circle contains the text "SOME SMALL JOYS". Eight arrows radiate from this circle to various phrases: "CLEAN SHEETS", "HUGS", "RESTFUL DAYS", "LAUGHING WITH FRIENDS", "THIS MADE ME THINK of YOU", "ENJOYING a HOT DRINK", "SINGING ALONG to YOUR FAVOURITE SONG", and "JUST CHECKING YOU'RE OKAY". The background is yellow with floral illustrations.

SOME
SMALL
JOYS

CLEAN
SHEETS

HUGS

RESTFUL
DAYS

LAUGHING
WITH FRIENDS

"THIS MADE
ME THINK
of YOU"

"JUST CHECKING
YOU'RE OKAY"

SINGING
ALONG to
YOUR
FAVOURITE
SONG

ENJOYING a
HOT DRINK

@STACIE SWIFT



A large white circle contains the text "KEEP SEEKING MOMENTS of JOY". The background is yellow with floral illustrations.

KEEP
SEEKING
MOMENTS
of JOY

@STACIE SWIFT

self care bingo



TOOK A LONG SHOWER OR BATH	WORE AN OUTFIT THAT MAKES ME FEEL SASSY	CAUGHT UP WITH A CLOSE FRIEND	PRACTICED GRATITUDE	FELT THE GRASS ON MY BARE FEET
EXERCISED	READ MY BOOK UNINTERRUPTED	TREATED MYSELF TO SOMETHING I LOVE	TOOK A SOCIAL MEDIA BREAK	COMPLIMENTED SOMEONE
PLANNED MY AT HOME RETREAT	MEDITATED	ENJOYED A PASTTIME	ASKED FOR HELP	WROTE IN MY JOURNAL
SAID YES	GOT 8 HOURS OF SLEEP	CURATED A VISION BOARD	DECLUTTERED MY SPACE	HAD A NAP IN THE MIDDLE OF THE DAY
TOOK A MENTAL HEALTH DAY	COOKED MY FAVOURITE MEAL	SAID NO	CREATED A FEEL-GOOD PLAYLIST	WENT FOR A LONG WALK

B	I	N	G	O

HEALTHY SCHOOLS CHALLENGE:

Personal Pledge and form challenge

There are 2 parts to our challenge this week.

1. As a form, make a list of all of the things you could try for self-care over the next week - this should help give everyone some ideas of things your could try.
2. Each form member needs to make a pledge to themselves of at least one thing they are going to do as self-care this week.
3. Can you hold each other accountable? Check that people are doing things to look after themselves, including your form tutors!

★ SHOUT

BRILLIANT!

YOU ARE AMAZING!

★
OUT