

Wellbeing Toolkit

What is a wellbeing toolkit?

It is a box or bag (eg. shoe box, sweet tin) that is full of things which help you relax, distract and deal with your problems in a positive way.

Keep the toolkit at home in your bedroom or boarding house and use it when you need it.

Do I need to buy anything?

No! Think about the things you regularly use that you can add to your toolkit but of course buy extra things to supplement if you want.

When do I use it?

Whenever you're feeling flustered, overwhelmed, stressed, angry, upset, sad or alone. *Remember it's good to talk too*, see the list of contacts for extra help when you need it; don't forget about friends, family and the school support available.

Use these when you need to talk to someone but don't know how to start

Remembering these things will help you when you are feeling low

Walk the dog? Call a friend?
Have a bath? Read a book?
Watch your favourite movie?
What's on your plan?

Who will be on your list?

What goes in my wellbeing toolkit?

Here are ideas of what to put in your wellbeing toolkit, but make it your own to suit you and what you like:

- ◇ Paper aeroplane paper (and instructions)
- ◇ Photos of friends and family
- ◇ Scents
- ◇ Hand cream, nail files and polish
- ◇ Favourite book
- ◇ Playlist (music) and headphones
- ◇ DVD
- ◇ Hot chocolate sachet, flavoured teabags
- ◇ Paper and pens, sticker sets
- ◇ Colouring pens and pencils (or paints)
- ◇ Colouring in books or sheets
- ◇ Lego/building blocks
- ◇ Stress ball
- ◇ Ball of ribbons
- ◇ A bouncy ball
- ◇ Playdoh, balloons
- ◇ Small football
- ◇ Notepad

What do I get in my Starter Kit?

- I need to talk cards (cut these out)
- List of things I like about myself
- List of achievements/things I'm proud of
- 'What to do' plan if overwhelmed
- List of people to message
- List of organisations to contact if I need extra help
- "Food for thought" quotations

Do I need to talk to my parents about it?

Talk to your parents about the toolkit and get their help with collecting things to put in it. It's important to talk about wellbeing with your parents. You could get help from your friends and family to fill out some of the sheets.

Things I like about myself:

- 1)
- 2)
- 3)
- 4)

People I can message:

- 1)
- 2)
- 3)
- 4)

Achievements and things I am proud of:

- 1)
- 2)
- 3)
- 4)

What to do plan:

- A)
- B)
- C)

I need to talk to you about something but I can't talk about it at the moment

I need to talk to you