



YOUTHspeak

SELF-CARE TOOLKIT

PRIMARY GRADES

The Building-A-Self-Care-ToolKit workshop is a fun, interactive, youth-led early learning experience that helps children develop happy & healthy ways to express and manage their emotions. By engaging in coping tools and relevant activities, children and their caring adults will both learn in a positive, safe environment with trained youth facilitators who introduce such concepts as the following.

ASSEMBLY FORMAT:

- UNDERSTANDING FEELINGS
- COPING TOOLS
- KINDNESS TO SELF AND OTHERS
- PROBLEM-SOLVING
- GRATITUDE
- CONFIDENCE



Belly breathing,
Squishy Squeezy,
Worry Leaves...thank
you Asma and Alex
the fantastic
YouthSpeak workshop
facilitators for helping
our younger students
and their families build
their Self-Care Toolkits
during our virtual
workshop.
Wil Kwon, Principal, Our
Lady of the Rosary

YOUTHSPEAK PERFORMANCE CHARITY
SPEAK. INSPIRE. CHANGE.

*Includes Printable Resources Material

LOOK TO YOUTHSPEAK FOR SELF-CARE STRATEGIES, RESOURCES, INFO AND MUCH MORE!

www.youthspeak.ca

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