



# 6 WEEK SELF-CARE TOOLKIT AGES 6-9

The Building-A-Self-Care-Toolkit program 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. Join characters Rory and Skippy as they embark on a six-week journey through a forest and face challenges where they learn more about the following.

## ASSEMBLY FORMAT:

**WEEK ONE > UNDERSTANDING FEELINGS - WEATHER JOURNAL**

**WEEK TWO > CALMING AND COPING TOOLS - BUTTERFLY BREATHING; SELF-HUG; SHAKE IT OFF**

**WEEK THREE > KINDNESS TO SELF AND OTHERS - TREE POSE; I AM SO...; ROLLER-COASTER BREATHING**

**WEEK FOUR > PROBLEM-SOLVING - SQUISHY SQUEEZIE; BOOMERANG BREATHING**

**WEEK FIVE > GRATITUDE - CROSS CRAWLS; EARTH & SKY; JOURNALLING**

**WEEK SIX > CONFIDENCE - POWER POSE; DANCE; SMILING**

\*Includes Printable Resources Material



Last night was a lot of fun, and very helpful! It gave the kids exactly what we are looking for. I am hoping to get the kits laminated and distributed to students when we get back into school.

Glenys Vivian, Ellen Fairclough PS

Belly breathing, Squishy Squeazy, 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

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

[www.youthspeak.ca](http://www.youthspeak.ca)

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