



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

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