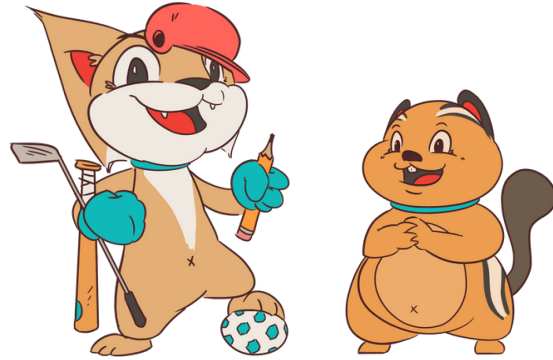


SELF-CARE TOOLKIT

6 WEEKS

AGES 6-9



this 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 the forest and face challenges where they learn more about:

ASSEMBLY FORMAT:

- WEEK 1: INTRODUCTION TO COPING TOOLS. KINDNESS CALENDAR AND GRATITUDE TREE ACTIVITY
- WEEK 2: COPING TOOLS: BUTTERFLY BREATHING, SELF HUG, BIG RAIN
- WEEK 3: COPING TOOLS: TREE POSE, I AM SO/YOU ARE SO, ROLLERCOASTER BREATHING
- WEEK 4: COPING TOOLS: SQUISHY SQUEEZY, HAWK WINGS. HOMEPLAY CHALLENGE ACTIVITY
- WEEK 5: COPING TOOLS: ROWING OUR BOAT, FOREST WALK. INTRODUCTION TO JOURNALING
- WEEK 6: COPING TOOLS: POWER POSES, FOREST DANCE. SUMMARY OF COPING TOOLS, JOURNALING REVIEW

*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

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

