

# SELF-CARE TOOLKIT

FOR PRIMARY GRADES



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 journey through the forest and face challenges where they learn more about:

## ASSEMBLY FORMAT:

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



*The presentations were appropriate, engaging and inspiring. The fact that the sessions are facilitated BY youth FOR youth, render them much more powerful and impactful. Centering youth voices as means for increasing wellbeing and mental health among students, is key! Thank you for your presentations and for your commitment toward kids!*

Simona Emiliani, Principal  
Humbercrest PS

\*Includes Printable Resources Material

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



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