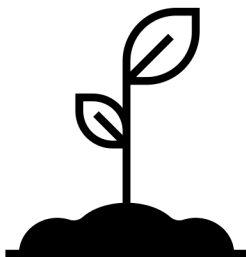


***Find a box or container to decorate and use as your Self-Care Toolkit.**

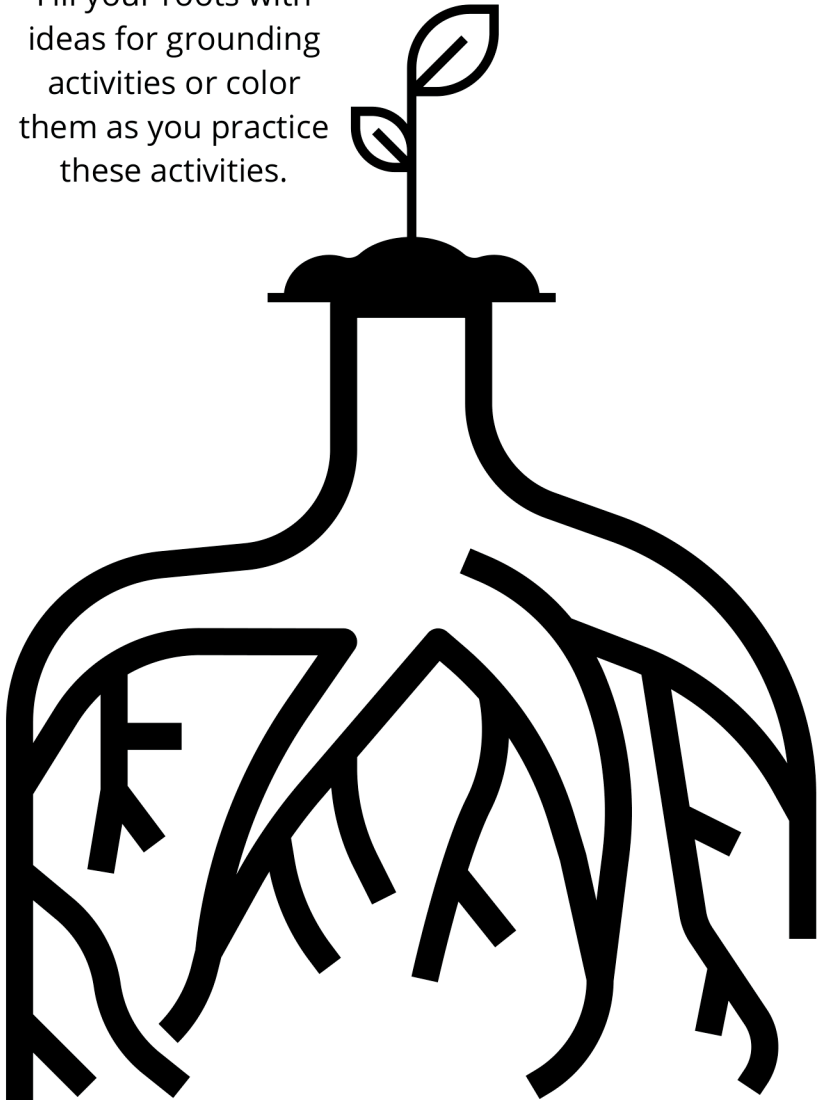
**Keep these cards in your Self-Care Toolkit with activities and tips to help you stay grounded.*

Remember:

- Soil provides a nourishing foundation for seeds to grow, and keeps them grounded.
- Recognizing our own emotions builds the foundation for us to grow and manage them.
- Grounding techniques, mindfulness, and meditation can help us connect with our emotions, and balance our emotional response.



Fill your roots with ideas for grounding activities or color them as you practice these activities.



EMOTION SCALE:



Stop! I feel upset. I need
----- from my emotional
toolbox!

Pause. I need to check-in to
see if I need self-care or
something from my toolbox.

Go! I feel good! I am going to
do self-care during my day
and have fun!

EMOTION SCALE:



An example of
when I felt upset:

Things that help
me feel better:

An example of
when I felt neutral:

Things that help
me feel motivated:

An example of
when I felt happy:

Things that help
me maintain:



Calming Jars

ADD WARM WATER TO YOUR JAR UNTIL IT REACHES HALF WAY UP.

ADD THE GLITTER GLUE AND STIR UNTIL COMBINED WITH THE WATER.

**ADD 1-2 DROPS OF FOOD COLOR THEN STIR.
ADD GLITTER THEN STIR.**

TOP OFF JAR WITH WARM WATER UNTIL ALMOST FULL THEN SECURE THE LID.

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Sensory Dough

Ingredients: 1 cup baby oil, 8 cups flour

Mix the ingredients together. Store in an airtight bag. Sensory dough will last for one week.

Be sure to wash hands before and after playing with the sensory dough.

Allergy safe essential oils can be added to the mix. Recommend 2 drops of preferred essential oil be added and mixed into the dough.