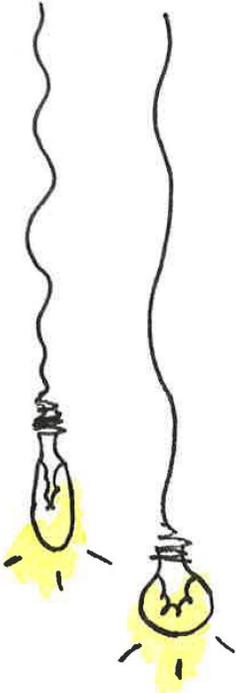


# TAKE CARE

# KIT

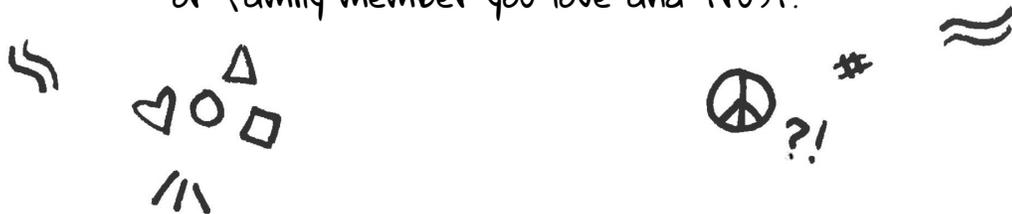
By: young  
Caregivers  
Association





Hi!

This is called a "Take Care" kit to remind young caregivers how important it is to take care of themselves through "self care". Self care means paying attention to yourself, and knowing what you need to do to make sure you are happy and healthy. Take care, young caregivers! If you are ever feeling too much, please talk to a friend or family member you love and trust.



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# ALL ABOUT YOU:

Age:



Draw yourself here:

Name:

Who you care for & why:

What you LOVE to do!

Draw your favourite animal:

Grade:

School:

Best friend  
at school:



YOU ARE



SO

IMPORTANT



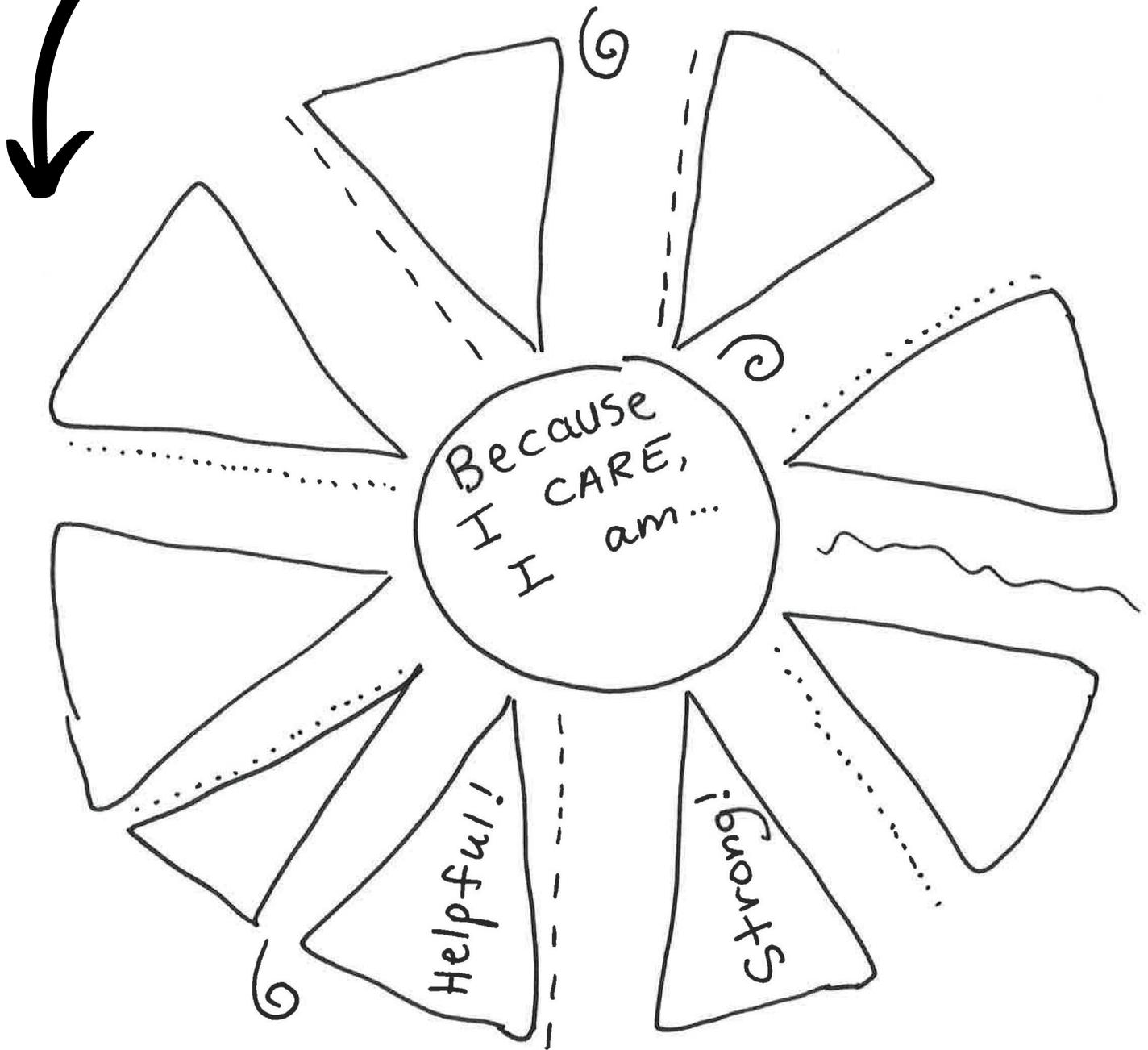
TO  
EVERYONE  
AROUND  
YOU!





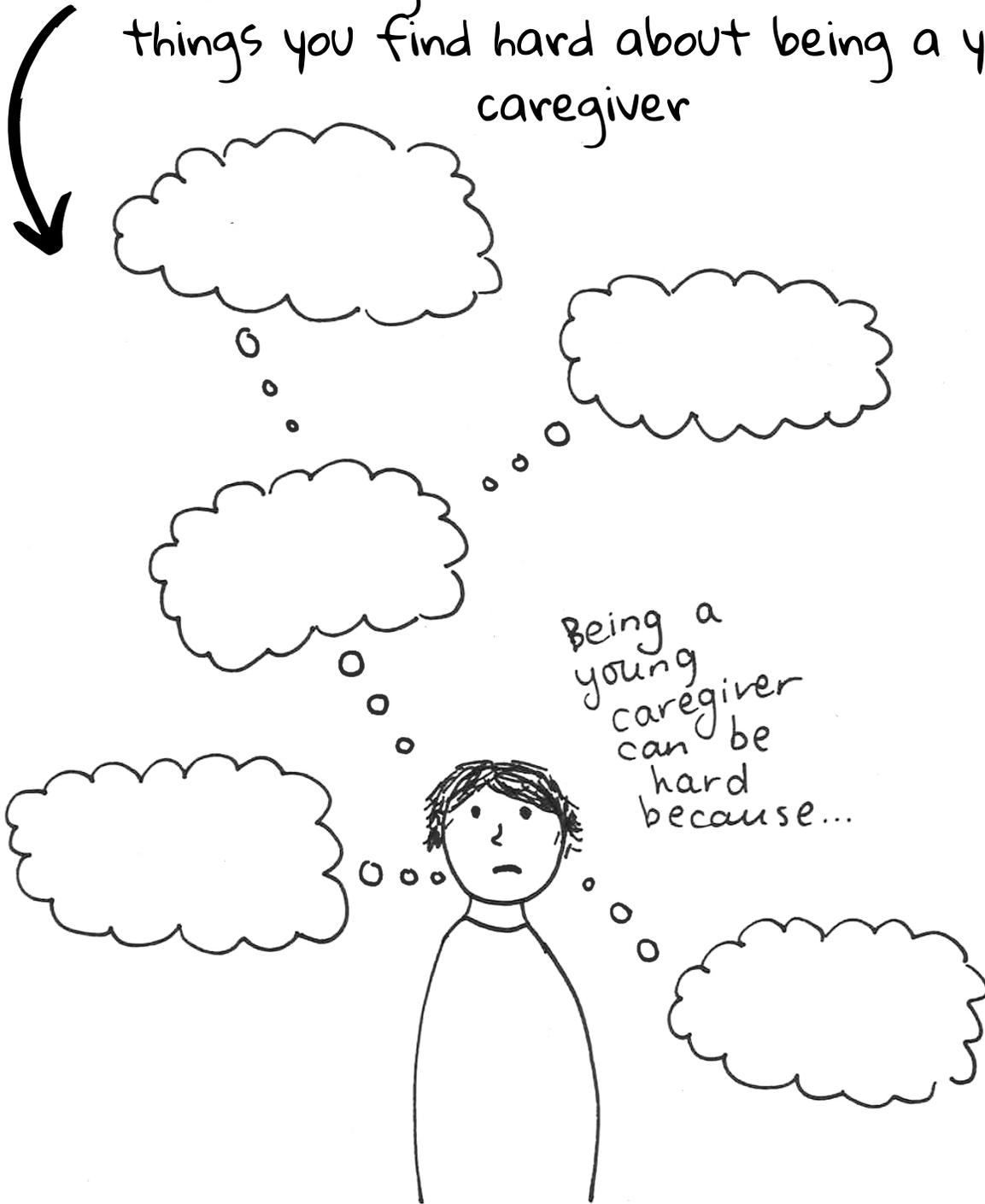
# THE UPSIDES TO CARING

Fill in the sun rays with all the positive things about being a young caregiver!



# THE DOWNSIDES OF CARING

Fill the thought bubbles with some of the things you find hard about being a young caregiver



# EVEN WHEN YOU FEEL DOWN, YOU CAN BE STRONG!

**S** STOP what you are doing!

**T** TAKE a deep breath in and let it out.

**R** RELAX your mind and your body.

**O** OPEN your eyes and your mind - what is it that has you feeling down?

**N** What do you NEED to help you feel better?

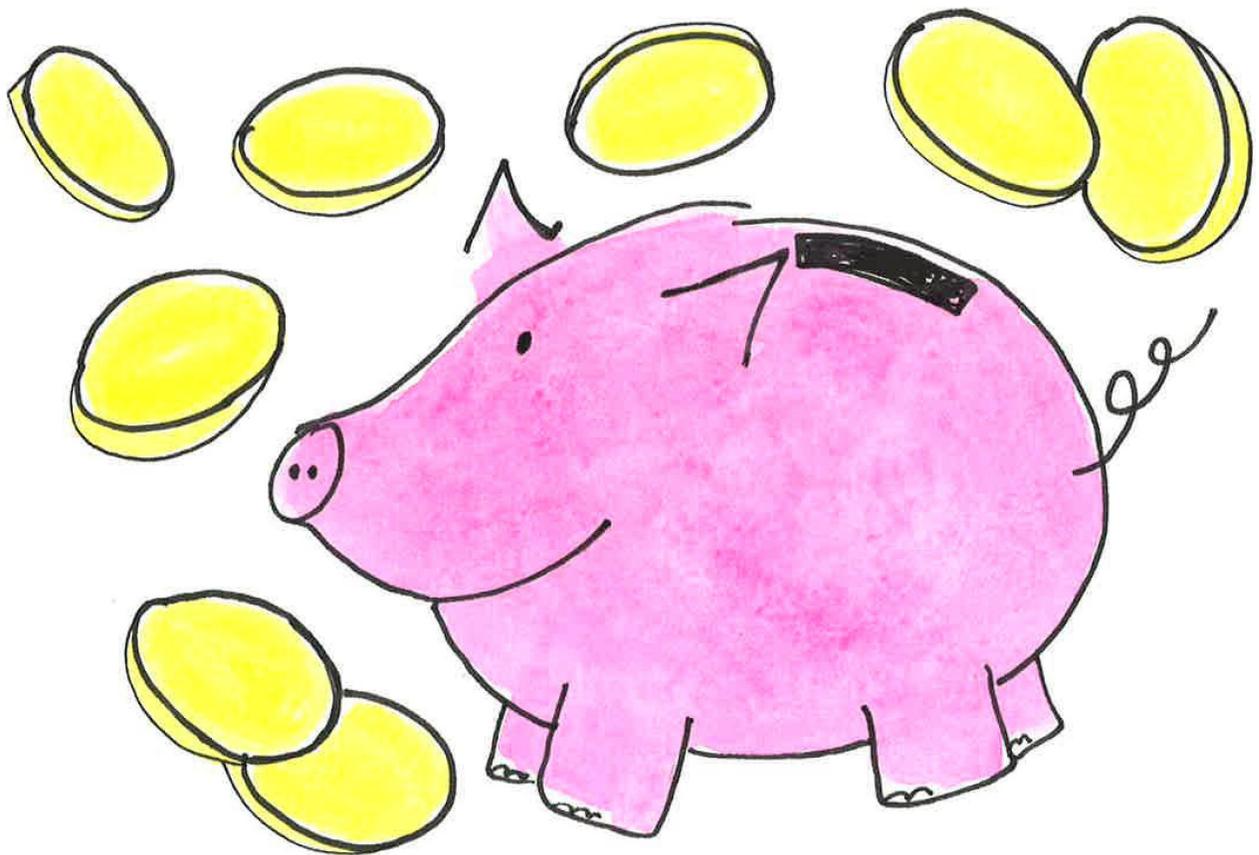
**G** GO - take a break from what is making you upset and remember you are strong.



# COLLECTING CHANGE

In the piggy bank write,  
something in your life you  
cannot change or control

On the coins, write  
different things you  
can do to help  
yourself feel better  
about it



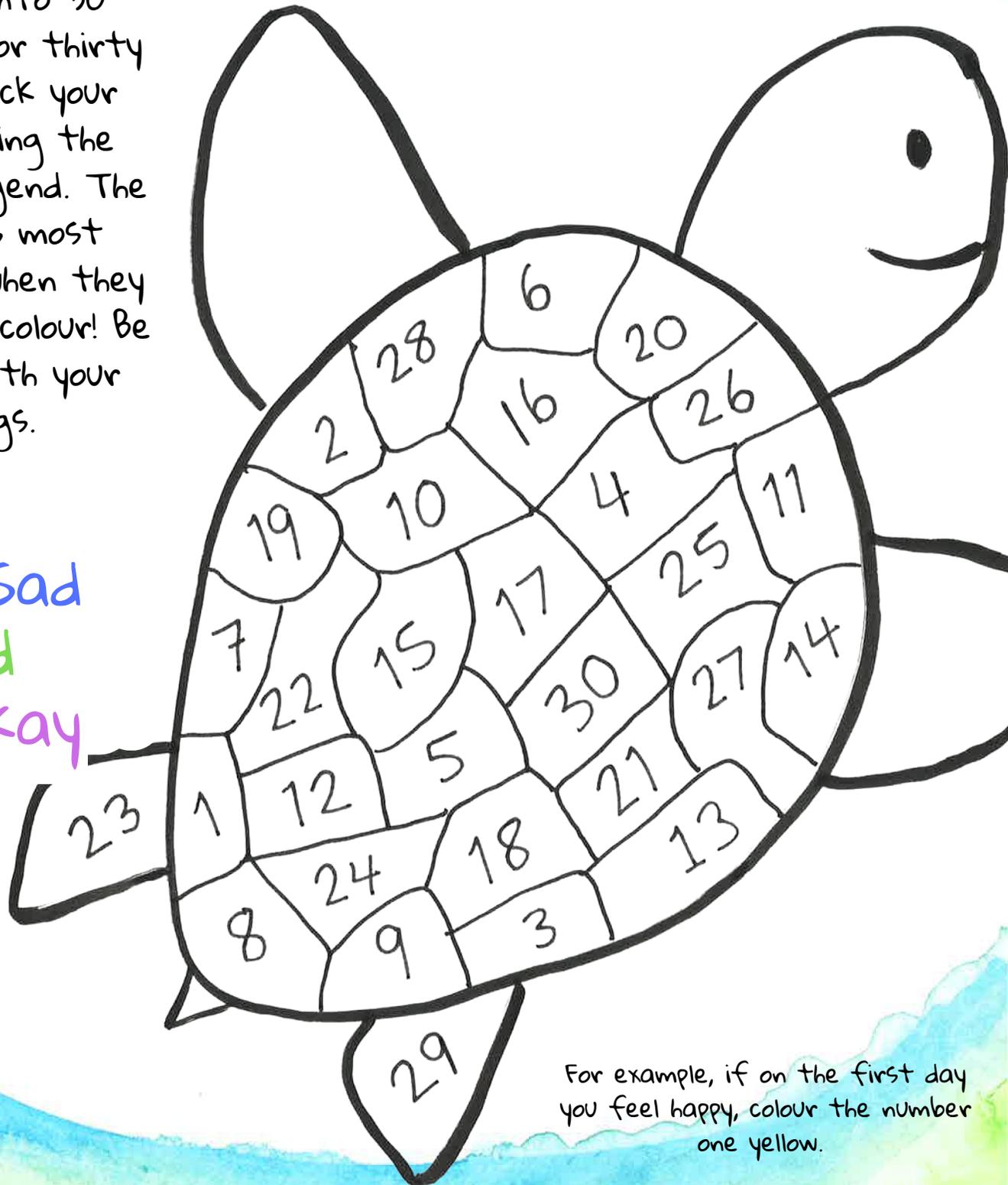
We can't control everything, but once we know what we cannot change, it helps make it a bit easier to deal with.



# MOOD TRACKER

This turtle's shell is broken into 30 sections. For thirty days, track your moods using the coloured legend. The turtle is most complete when they feel every colour! Be honest with your feelings.

Happy  
Sad  
Worried  
Okay  
Mad



For example, if on the first day you feel happy, colour the number one yellow.

# WHAT COLOUR IS YOUR TURTLE?

If your turtle has a lot of yellow, that means you have been very happy. That is a good thing. Spread your happiness!

If your turtle has a lot of blue, that means you have been sad. It is normal to feel sad when bad things happen or when things change. Just make sure you talk about it with someone you trust, and letting go of things that you cannot handle.

If your turtle has a lot of red, that means you have been mad. Do you know what has been upsetting you? It is best to let this emotion out in a healthy way by talking about it with a trusted friend.

Green means worry! If you see lots of green, that means you have been anxious about something. What is it? The same thing?

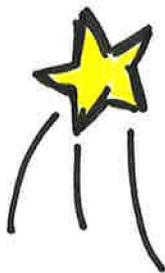
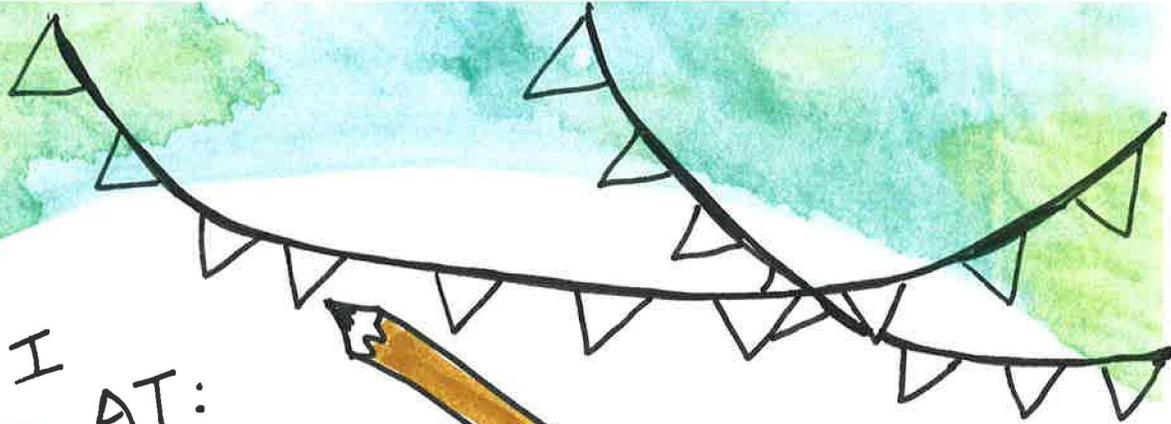
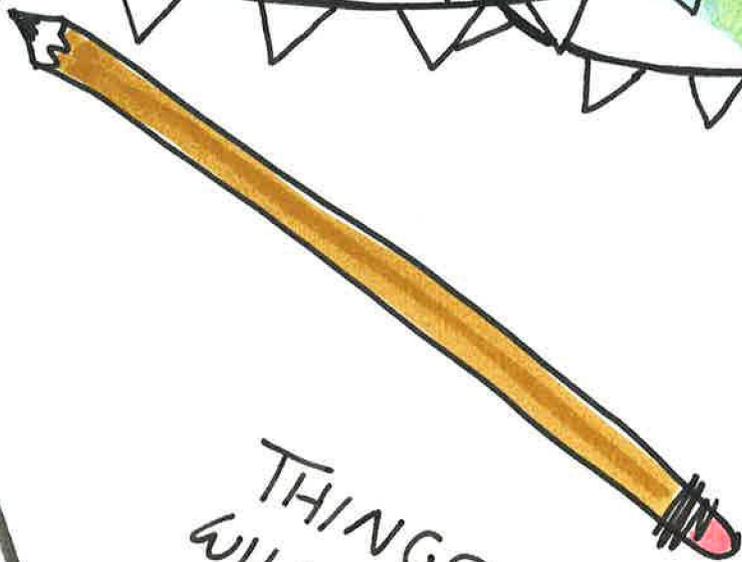
Or do you feel worried everyday, no matter what? If you do, talk to an adult or ask for some support.

If you see a lot of purple, that means you have been just "ok". That is fine - as long as you still are able to feel happy and sad on other days. Feeling "ok" all the time can be just as hard as feeling sad! You need a mix!

THINGS I  
AM **GOOD** AT:



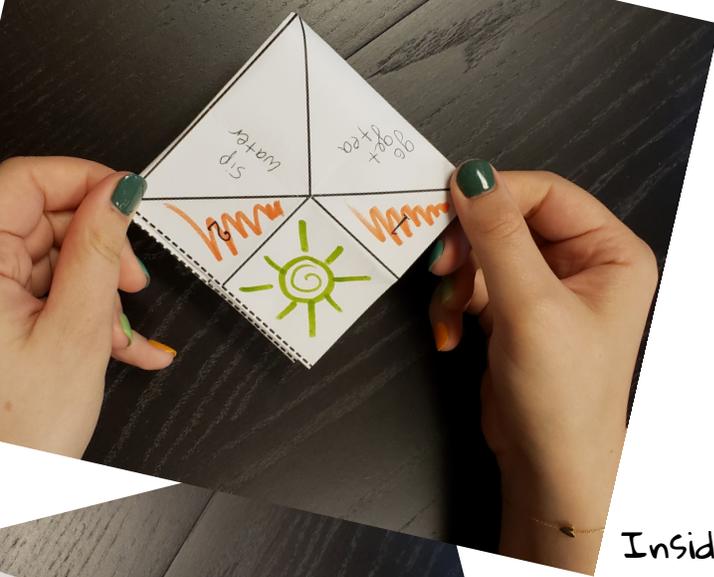
THINGS  
WILL GET I  
**BETTER**  
AT:



I grow, learn,  
and succeed on  
my own time



# HEALTHY BRAIN, HEALTHY BODY FORTUNE TELLER!



Inside the fortune teller displayed on the next page, write 8 ways you can keep a healthy body and healthy brain. To put together the fortune teller, do the following -

1) Cut out the fortune teller on the dotted lines.



2) Fold into four squares.

3) Open and design face down, fold all four corners so they meet in the center.

4) Flip it over and fold those corners to meet in the center too.



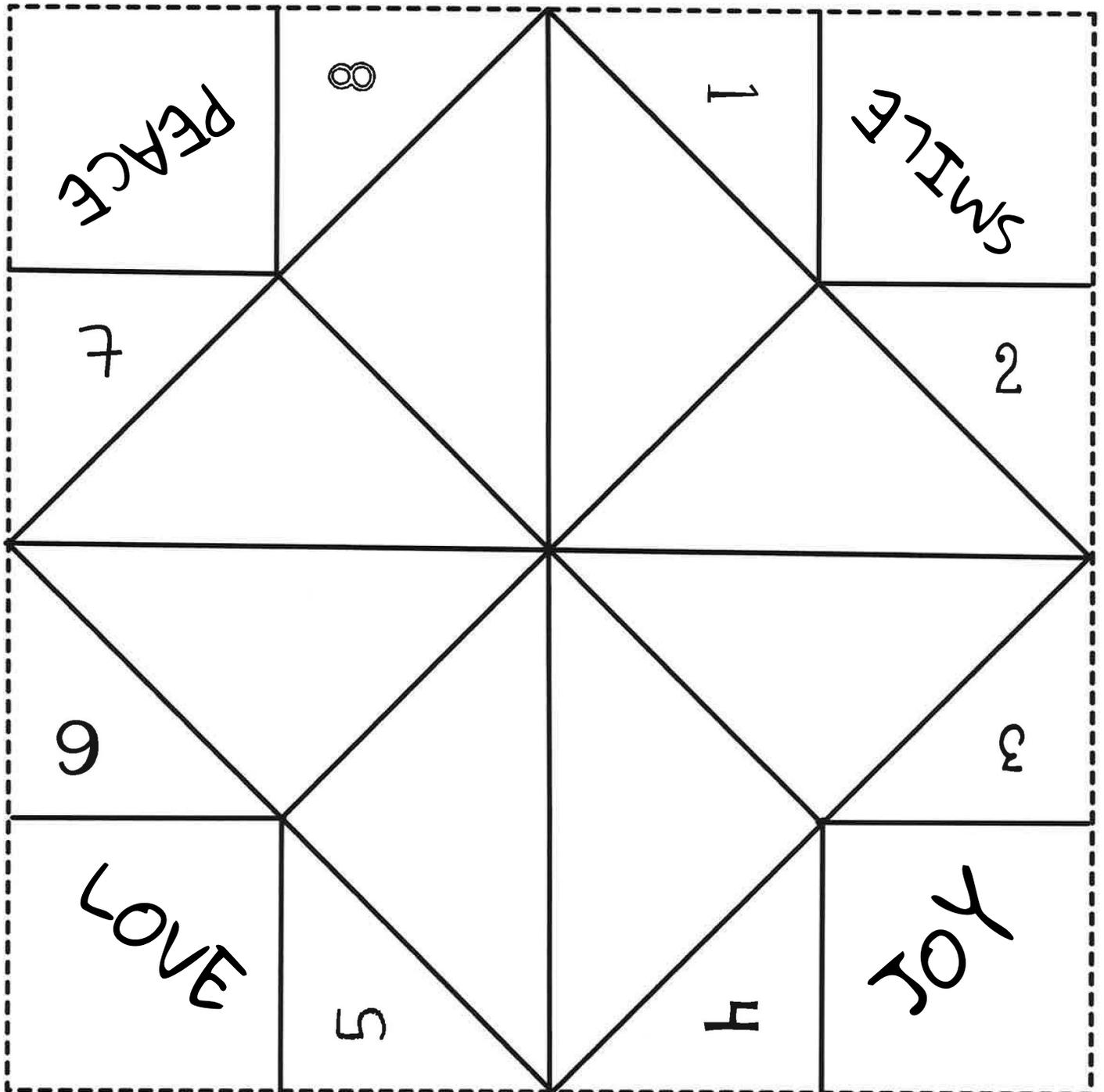
5) Fold in half, open it up, fold in half the other way, then put your thumb and pointer finger under folds, and push all corners upwards to the center.



# HEALTHY BRAIN, HEALTHY BODY

## FORTUNE TELLER!

To play, have a friend pick a word. Spell it out while pinching and pulling the fortune teller (one pinch/pull for each letter). Wherever it is open, have them pick a number. Count, pinch, pull. They pick another number - that is your activity..



# GOOD DEED CUT OUTS



cut out each and secretly give them to people you love!  
Brighten their day with a good deed cut out.

You make  
a  
difference.

You  
are  
brave.

You  
are  
important..

Thank you  
for being  
kind.

You can  
do  
anything.

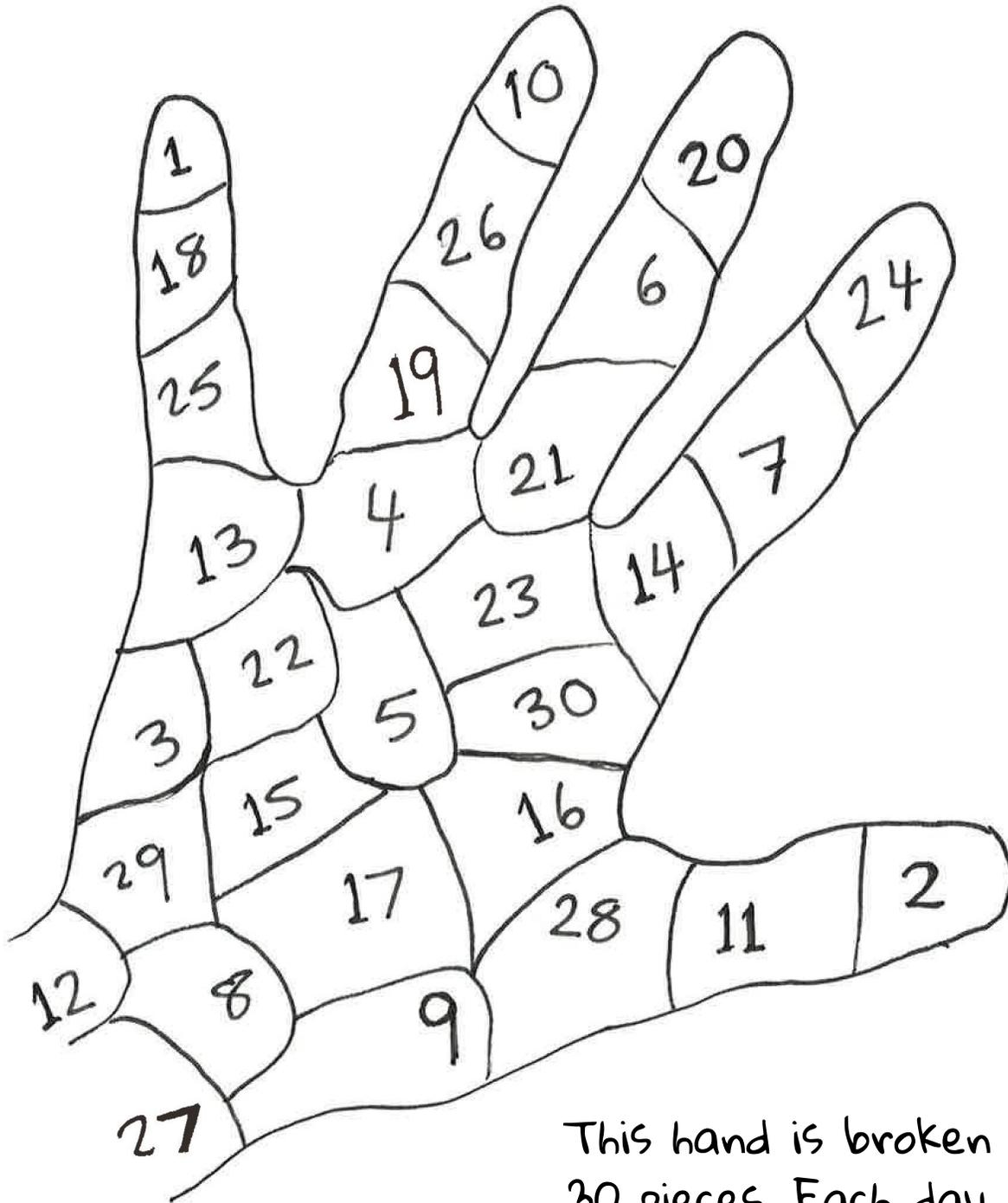
Never  
give up -  
you got this.

You are  
the  
best!

You  
matter  
to me.

You brighten  
everyone's  
day.

# HELPING HAND TRACKER



This hand is broken into 30 pieces. Each day, for 30 days, track when you help your family and colour a section.

# WHEN CAREGIVING GETS TOUGH...



Have a relaxing bath or shower



Eat your favourite snack



Take deep breaths



Keep being brave!



Drink Water



Journal about it



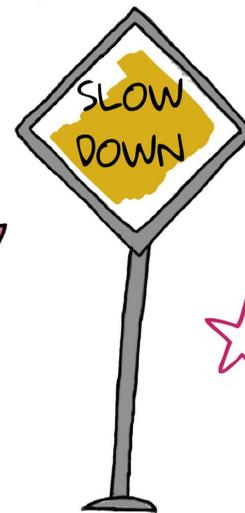
Watch a TV show



Stretch or do yoga



Go for a nature walk



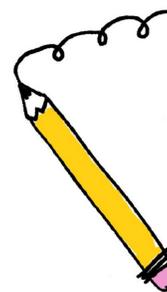
Squeeze a tight fist & let go



Don't worry about the past or future, focus on now!



Dance it out



Paint, colour or draw



Listen to calming music

# YOUNG CAREGIVER MANTRA



Repeat it until you  
believe it:

I am strong, even when I  
don't feel strong.

Today may be hard, but  
tomorrow is a chance to  
use all the lessons I  
learned today.

I do great things, and I  
make a difference in my  
family and in the world.

A mantra is a positive phrase that when repeated,  
inspires you to be the best person you can be.

# "SELF CARE"

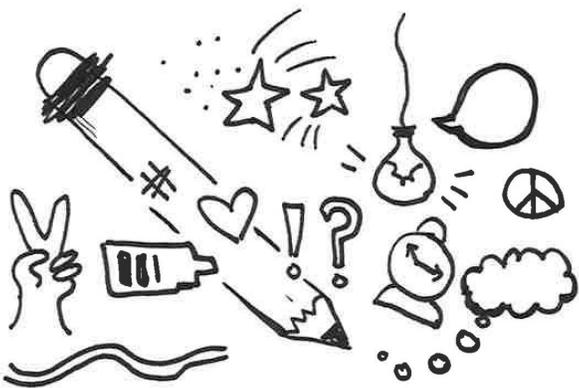
noun

Self care is taking care of your body, brain, and emotions. Self care is doing things that make you feel better, and knowing when you are doing too much for other people and not yourself. It is also making decisions that make you happy both right now, and in the future.

## EXAMPLES:

"My friend wants me to play, but I had a long day helping my brother. I am going to take time to read my favourite book instead."

"If I don't sit down and figure out what I have to do this week, I will feel stressed and messy. If I make a list, I am going to feel great. So I am going to take time to make a list of things to do."



# "TAKING CARE OF YOURSELF"

action

Taking care of your self is something you should do daily that helps your overall health, how you feel on the inside, and how you look on the outside. Taking care of yourself usually is more about your actions and has more to do with your body.

## EXAMPLES:

"I am going to brush my teeth before bed today!"

"I am going to take a shower and then style my hair."

"I am going to make myself a healthy lunch."







# DAYS OF SELF CARE



Listen to  
your  
favourite  
music

Scrapbook

Draw or  
paint

Write a  
goodbye letter  
to a  
bad feeling

Call your  
friend to  
talk about  
school

Take a  
nice bath

Organize  
your room

Dance  
all over !

Create a  
goal list

Say  
"thank you"  
to yourself

Complete a  
page of  
"Take Care"  
kit

Make a  
to-do list

Play  
pretend  
outside

Journal  
about  
today

Eat the  
best snack

Go for  
a walk

Watch an  
episode of  
a show

Take a  
nap

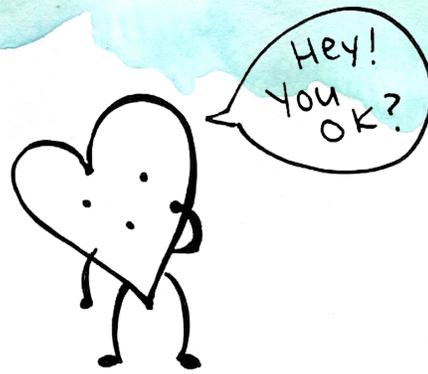
Look at  
photos of  
family &  
friends

Write a list  
of what you  
are thankful  
for

# SELF CARE TRACKER

This umbrella has 30 rain drops. Each day, for 30 days, track if you do any self care. Colour the drop when you complete your self care activity.





## NOTE:

If your feelings are too hard to handle, Please talk to someone you love. If you are alone, these tools may or may not be helpful to you. Remember it is up to you to decide what you need and where to get help.

Kids Help Phone: 1-800-668-6868

Teenline: Text TEEN to 839863

Crisis Text LINE: Text HOME to 741741

LGBTQ+ Helpline: 1-866-488-7386

First Nations & Inuit Hope For Wellness Helpline:  
1-855-242-3310

For more information please visit:  
[www.youngcaregivers.ca](http://www.youngcaregivers.ca)

**YOUNG**   
*caregivers*<sup>™</sup>  
ASSOCIATION

Lead.  
Support.  
Empower.