

Wellbeing Toolkit

When we are not feeling our best, it is important we use tools we know will help us to feel good, comforted and happy. One way we can do this is by creating a wellbeing toolkit below.

**2 Songs that bring
you joy:**



**2 Foods you can
cook/bake:**



**2 Comfort Items
e.g.
blanket/hoodie:**



**2 People that
make you feel
better:**



**2 Activities that
lift your mood:**



**2 Memories that
bring a smile to
your face:**



Use your toolkit when you need a boost!