

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!