Just as we look after our physical health, it is important to look after our mental health.

Self-care is all about what you can do to help yourself feel better or to keep yourself feeling good. It is a way that we can look after our own mental health and wellbeing. It can help your body and mind to relax, drift away, or be more energised.

This self-care plan walks primary-aged children through a series of steps, helping them create a simple self-care plan that works for them. It helps children identify activities that they can use to support their mental health.

Some of the suggested self-care activities include:
- *music and dance*
- *mindfulness*
- *art*

The resource above was co-written by Anna Freud Centre experts and young people, who shared ideas on self-care strategies that work for them.