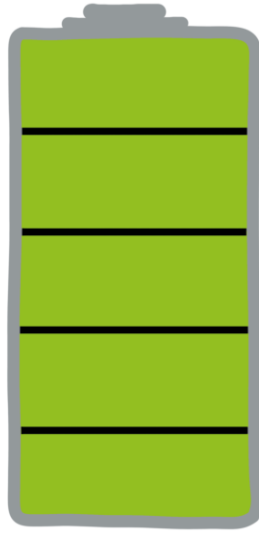


WHAT MAKES ME FEEL GOOD?



WHAT DOESN'T MAKE ME FEEL GOOD?



What makes me feel good and what does not?

A worksheet for any child or young person needing support to identify self-care strategies.

Feeling good

1. Explore the idea of **feeling good**, how our bodies feel; what we might do/communicate; how we might appear when we feel good. Model this as appropriate.
2. Explore when you feel like this: what are you doing/hearing/seeing/experiencing? Who are you with?
3. Ask the Child/YP to choose 5 of the things that are the most uplifting for them and list them around the fully charged battery (green) either in written or picture form.

Not feeling good

4. Now explore what **not feeling good** feels like. Repeat steps 1, 2, 3, listing the 5 things around the depleted battery (red).

Obviously more concrete methods may make more sense for some children and young people e.g. sun vs cloud shapes.