

# SELF-CARE JAR

Listen to Music

Take a Bath

You are so Loved

1. When the child is calm and all is well, have them generate ideas of things they can do when they are having big feelings.
2. Have the child list each "self-care" idea on strip of paper.
3. Find a Jar or Box for the child to decorate and keep in their space.
4. Add each piece of paper to the jar for safe keeping.
5. When the child is dysregulated, encourage them to go to the jar and select an idea to try.
6. This gives them some control and mastery over their self-care practices.
7. You can do the same thing with affirmations or "love notes" for the child.

