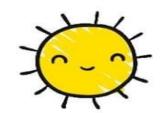
## Self-Care & Mental Health for Kids

Share your own feelings to encourage self-awareness.



Find social groups that help them feel like they belong.



Focus on articulating feelings.
I am angry.
"I am sad."

Set aside time for low-stress or solo activities.

incourage journaling and diaries.

child to focus on the moment.



Practice self-care for yourself to set the standard.



Recognize toxic stress events.

BlessingManifesting

Cultivate interests and hobbies.