

Our household rest and refresh toolbox

If you don't want to do this activity as a household, you might like to do it with a friend or someone you trust.

1.

When we're feeling low in energy it can be hard to think of ways to rest and refresh! So let's get some ideas ready to inspire us when we're down... By making our own rest and refresh toolbox!

As a household, think about what makes you feel rested and cared for. Then, take a look at the care tools below. Add your names or initials to the care-tools that work for you. Cross out or change any that don't work for your household at all.



spend time with animals



spend time in grass, sand or dirt



cook your favourite meal



watch some TV



have your favourite drink



write down everything that's been bothering you



listen to your favourite music



exercise until you sweat



read a book



spend time in the sun



spend time with a friend



do yoga or stretching



talk to someone wise



play a board game



curl up in bed



spend time in water

If you don't have a printer you can draw your own tools or symbols using some spare paper.



Fill-in your own

2.

Use these blank care-tools to write down any household care activities that haven't been included. You might like to keep some spare blank ones as you grow and change. Cut-out all the tools to keep and refer to them when you or someone in your household is feeling low.

A grid of 20 circular icons representing various household tools and items, arranged in a 5x4 layout. The icons are:

- Row 1: Colander, potholder, level, pliers.
- Row 2: Drill, fork, fork, chef's hat.
- Row 3: Teacup, paintbrush, hard hat, teapot.
- Row 4: Tape measure, rolling pin, whisk, screwdriver.
- Row 5: Hammer, power drill, oven mitt, paint roller.

The icons are surrounded by faint background icons: a fork, whisk, nut, bolt, wrench, and a plus sign.

Make your own toolbox

3.

Cut-out the toolbox below, colour it in, and fold along the dotted lines to make your own toolbox. You can use this box to store all your care-tools.

