



My dog

### Who do you care about?

List all the people you care about. This might include your parents, grandparents, siblings, and friends. Think about who looks after you.

I care about my mum.

# Caring scrapbook

What you care about affects how you feel and what you do. Think about all the people and things you care for in your life. Maybe make a scrapbook to collect your ideas.

will read my favourite book before bed.

Remember to be kind to yourself as well as others.



My family

### Look after yourself.

Make sure to care for yourself as well as those around you. This can be as simple as keeping clean and brushing your teeth, or creating time to try mindful exercises.



My bike



My colourful pens



My sunflower

### What would you take

with you if you were going on a trip? Why not try listing 10 things you care about? Try to think why each item means a lot to you.

**Aim to be kind** to everyone around you. It won't just make them feel good, it will make you feel good, too! Think of ways you can do something kind each day.

- Hug someone in your family
- Make a drawing for a friend
- Volunteer to help
- Listen carefully to others
- Share your toys
- Smile

To my best friend:

