

# Mending Yourself

# Fill the ‘First Aid Kit’ with things that would help you feel better!

Your First Aid Kit

**What would you have in yours?**

# Our First Aid Kit

* A bubble bath
* A football game
* Flicking through a magazine
* Holding something that belonged to your special person
* Playing a computer game
* Talking to a friend
* Keeping a diary
* Writing
* Listening to music
* Reading and writing poems
* Reading
* Stroking your pet
* Painting
* Exercising/playing a sport
* Shopping
* Talking to an adult
* Playing in the park
* Growing things or gardening
* A bedtime story
* Being alone
* Praying
* Dancing
* Singing
* Looking at/talking to photos
* A cuddle
* Making a blanket from your special person’s clothes
* Doing some charity work in your lost person’s name
* Helping others
* Peer group support

**Emotional First Aid Kit**