

Handout 3 – Self-care Choice Menu + FREE Check

There is no single “correct” self-care action.

Choose options that are safe, accessible and appropriate to your context.

Add your own options.

Possible need	Small options at school	Possible options outside school / with support
Rest / reset	change posture; 1–3 minute quiet pause where permitted; look away from screen; brief stretch; slow breathing if comfortable	calmer transition after school; restful hobby; prepare for sleep with a quieter routine; speak with an adult if tiredness is persistent
Focus / clarity	ask for the first step; reduce clutter; use a short timer; move to a lower-noise place if permitted; write the next action	break work into smaller steps; organise materials; ask for feedback or learning support
Emotional regulation	name the feeling privately; write/draw; take a pause; grounding through the senses if comfortable; use a neutral coping phrase	talk to someone trusted; creative activity; relaxation practice; seek support if feelings are intense or persistent
Connection	sit with someone safe; ask to work with a partner; send a respectful message; ask an adult for a check-in	spend time with supportive people; community/group activity; contact a trusted person
Space / boundaries	ask for a quieter seat; say “I need a minute before I answer”; use a respectful boundary phrase; choose a different participation mode	protect some off-screen time; plan private time; discuss recurring boundary problems with an adult
Physical needs	normal water/food break according to school routine; brief movement; adjust clothing/temperature/seat where possible	regular meals/hydration according to individual/family routine; enjoyable movement; seek health advice for persistent physical concerns

FREE Check

- F – Fits the need I am trying to address.
- R – Realistic in this place, time and situation.
- E – Enhances wellbeing without harming me or anyone else.
- E – Elected by me, or agreed with a trusted adult when permission/support is needed.

My three go-to options

1–3 minutes: _____ 10–20 minutes: _____

With another person / boundary / request: _____

Backup if my first choice is not possible: _____