

# SELF-CARE SPINNER (Page 1 of 3)



## Key Learning

To promote healthy coping strategies and encourage self-care.

## What You Need

- Ruler
- Scissors
- Coloured pencils
- Single hole punch
- Split-pins
- Cardstock paper (white and an assortment of colours)
- 'Self-Care Ideas' handout

## No. of Youth

- 1 or more

**This activity was provided by Deana Slater, BSW, MEd, RSW.** Deana has a private practice - Deana Slater Counselling Services - where she provides counselling to youth and adults who are struggling with grief, trauma and other life challenges. She also works at Sunnybrook's Odette Cancer Centre helping patients and their families access prescriptions for treatment.

## Preparation Activities

1. Prepare the materials in advance.
  - Using the white cardstock paper, cut a circle (approximately 20 cm in diameter) for each person.
    - Draw lines that divide each circle into six equal segments.
    - Poke a hole in the center of each circle.
  - Cut out a number of arrows in various colours.
  - Photocopy the *Self-Care Ideas* handout (see page 3 of 3).



## How to Play

1. Facilitate a discussion about coping strategies:
  - A coping strategy is something that we do to help manage stress and deal with difficult feelings. For example, a person might listen to music for comfort and relaxation. Just as everyone's grief is unique, each person may have their own unique ways of coping with different stressors and situations. In grief, as well as in daily life, it is important to find ways to manage difficult emotions and care for ourselves.
    - What are some healthy ways that a person can cope with difficult feelings?
    - What would be an example of a harmful coping strategy? What makes this activity harmful?
    - What do you think a person might find appealing about \_\_\_\_\_? (*name a harmful coping strategy*)
    - Can you think of any coping strategies that can be both healthy and harmful? In what circumstances would this strategy be helpful? When would it be considered harmful?
2. Distribute the *Self-Care Ideas* handout and ask youth if any of the strategies on the list jump out for them.
3. Explain that there are many different ways of coping and caring for ourselves. Different coping strategies can help in different ways:
  - Provide temporary **distraction**.
  - Provide opportunities to **connect** with others/community.
  - Help to feel more **centred** within ourselves.
  - Facilitate self-expression and **emotional release**.
  - Help to soothe, **relax** and rejuvenate.
  - Cultivate **self-compassion**.
4. Explain that we will be engaging in an activity that will encourage us to identify the healthy coping and self-care strategies that we already use, as well as explore new ways of caring for ourselves.
5. Show youth a sample spinner and explain how the tool can be helpful.



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## How to Play continued

6. Provide each youth with a circle and invite them to fill each section with words and/or drawings that represent a different self-care strategy.
7. Remind youth that they can refer back to the handout for ideas.
8. Encourage youth to include self-care strategies that they already use and find helpful, as well as some new strategies they might like to try.
9. Invite youth to select an arrow in the colour of their preference.
10. Provide youth with a split pin to affix the arrow to the centre of their spinner.
  - ⚠ Be sure that the split pin is not pressed down too flat, as it might affect the arrow's ability to spin freely.
11. Invite youth to share their spinner if they are comfortable doing so.

## Discussion

### Reflect

What thoughts and feelings came up for you during the activity?

Was this activity difficult for you in any way?

Were you surprised by any of the healthy self-care activities?

### Connect

Has a friend/family member ever suggested a coping strategy to you? Did you find it helpful? In what ways?

### Apply

When might you do a self-care activity?

Is there a self-care activity that was new to you that you want to try?

When do you see yourself using this tool? Can you think of a time when something like this would have been helpful to use?

In what ways might this tool be able to help a person replace harmful ways of coping with healthy strategies?



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## OUR NETWORK



### OUR VISION

Every child and youth has honest information and well-informed support when someone they care about is dying or has died.

### OUR MISSION

To advocate for educational opportunities and support services that will benefit children and youth who are grieving the dying or the death of someone they care about.

[www.childrenandyouthgriefnetwork.com](http://www.childrenandyouthgriefnetwork.com)

## SPECIAL ACKNOWLEDGMENTS



**RIGHT TO PLAY**  
PROTECT. EDUCATE. EMPOWER.

Right To Play is an international organization that uses the transformative power of sport and play to educate and empower children and youth living in adversity to overcome the effects of poverty, conflict and disease. Partnering with more than 85 First Nation, Métis and Inuit communities and urban organizations across four provinces, the PLAY program is led by locally-hired Community Mentors who are trained and supported by Right To Play staff to implement regular weekly play-based programs that build and enhance essential life-skills. We would like to thank Right To Play for sharing the organization's experiential learning methodology (Reflect – Connect – Apply) for the activities included in this resource to support youth through their grief. To learn more, visit Right To Play's website or email [canada@righttoplay.com](mailto:canada@righttoplay.com).

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## SELF-CARE IDEAS

*by Deana Slater*

- Dance
- Eat something healthy
- Go for a bike ride
- Try yoga or Pilates
- Play a game
- Draw
- Wrap up in a blanket
- Exercise
- Sing
- Call a friend
- Drink tea/warm drink
- Go swimming
- Aromatherapy
- Breathe deeply
- Create a morning or evening routine
- Go to church
- Jump in puddles
- Eat a meal you enjoy
- Sleep in
- Walk on the beach
- Watch a movie
- Journal
- Go for a hike
- Bake
- Delete items from your to-do list
- Do a random act of kindness
- Have a picnic
- Take a walk
- Look at the clouds
- Go to bed early
- Volunteer
- Be alone
- Take a shower and enjoy it
- Call someone who makes you feel good
- Go away for the night
- Look at the stars
- Try guided imagery (YouTube has great options)
- Colour
- Go for a drive
- Meditate
- Make a doctor's appointment
- Cook a meal
- Be kind to someone else
- De-clutter
- Light a candle
- Read a magazine
- Go out with friends
- Smile (and hold it for 30 seconds)
- Turn your phone off
- Be crafty
- Garden
- Get some pampering done: a manicure or massage
- Create a mission statement
- Go to the park
- Find an inspiring quote and repeat it daily
- Indulge in a treat
- Paint (try a painting class)
- Look at old photos
- Take a bath
- Think positively
- Listen to an audio book
- Pet an animal
- Laugh
- Go out on a date
- Write a letter
- Visit a dog park and watch the dogs play
- Listen to rain
- Start a gratitude journal
- Read a blog on self-compassion
- Organize your day
- Go to the zoo
- Sit outside
- Snuggle with someone
- Listen to music
- Stretch
- Watch home movies
- Take some photos of things that make you smile
- Watch TV
- Write down your negative thoughts and throw them away or burn them
- Sit quietly at home
- Watch baby animal videos
- Write down 3 things you're thankful for
- Meet a friend for coffee
- Watch a show on Netflix
- Pray
- Read a book
- Stop what you're doing and simply breathe
- Sit and listen to the sounds of nature
- Talk about your feelings with someone who will listen
- Plant something
- Have dinner with your friends
- Stay off of social media for an hour (or more!)
- Watch the sunset (or sunrise)
- Wear something that makes you feel good
- Visit the library