



Care Cards



For children aged 5 - 11 years

A pocket-sized toolkit of information, tips, and calming activities to help you understand your feelings, manage difficult moments, and support your wellbeing.

Use them on your own or with a trusted adult.

Young People's
Mental Health
Research Centre



Greater Manchester
Mental Health
NHS Foundation Trust



Cheshire and
Wirral Partnership
NHS Foundation Trust



Alder Hey Children's
NHS Foundation Trust



Manchester University
NHS Foundation Trust



Mersey Care
NHS Foundation Trust

MANCHESTER
1824

The University of Manchester

Lancaster
University



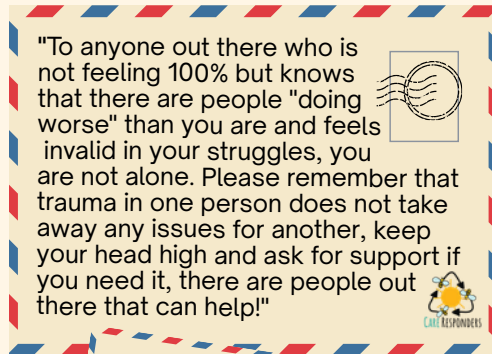
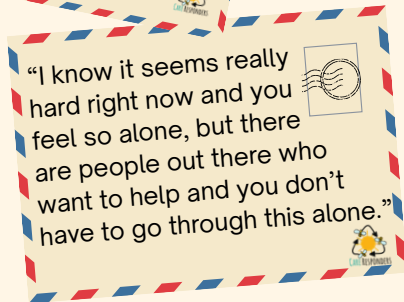
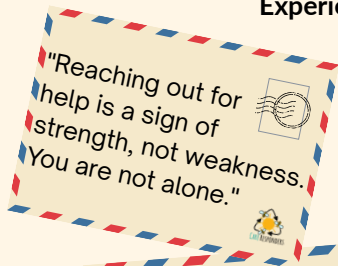
GREATER MANCHESTER
POLICE

FUNDED BY

NIHR | National Institute for
Health and Care Research
IRAS: 332304, NIHR 158509

Postcards From Young People

These quotes were kindly shared by members of the Care Responders Lived Experience Young People's Advisory Group.





Big Feelings Can Feel Scary

You might feel:

Upset
Worried
Frustrated
Scared
Angry

You might:

Cry more than usual
Find it hard to sleep or relax
Want to be alone
Have tummy aches or fast heartbeats

These feelings can be very strong, but **they will pass.**

You don't have to deal with it on your own, **speak to a trusted adult.**

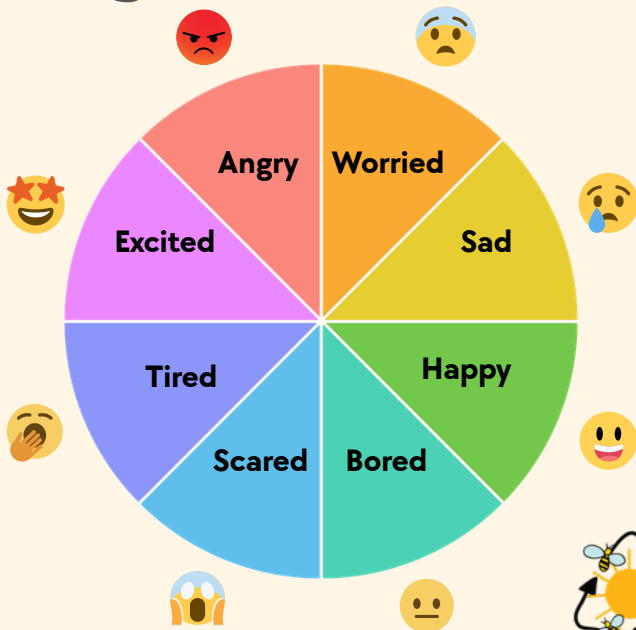




Feelings Wheel

How are you feeling today?

Find an adult you trust and tell them how you feel





Self-Harm

Sometimes when people feel very upset, angry, or worried, they might try to hurt themselves.

This is called **self-harm**



What you could do instead:

- Talk to an adult you trust (parent, teacher, carer)
- Draw or write down your feelings
- Run cold water over your hands
- Hold an ice cube in your hands and feel it melt
- Play with a fidget toy



CARE RESPONDERS

Self-Harm – What to do Next

Sometimes when people feel very upset, angry, or worried, they might try to hurt themselves.

If you have hurt yourself:

Talk to an adult you trust (parent, teacher, carer)

Stop and take a deep breath

If you are on your own:

If you are very hurt, call 999

Try to find someone you trust

It's okay to feel:

Scared

Confused

Sad



Panic Attacks



Sometimes you might feel really scared, even if you are safe



This is called a **panic attack**
It might feel really big, but it will go away

Your heart might beat really fast
You might feel **shaky** or **dizzy**
Your breathing might feel **quick** or **funny**



Try to breathe slowly, like blowing up a balloon

Ask a grown up for help



My Senses Feel Too Much



Staying Safe & Calm Right Now

Say out loud: **"I am safe. I am strong. I am loved."**

Sometimes young people hear voices or sounds that other people can't hear, see things that other people can't, or feel like someone or something is nearby when others don't. This can feel scary or confusing, but lots of young people have experiences like this.

These experiences can be more likely if you are going through a stressful time, not getting enough sleep, coping with the loss of someone, being bullied, or dealing with other upsetting life events.



Coping With Sensory Experiences

Be the boss:

You can tell the voices to be quiet or tell them you will talk to them later.

Tell a Safe Adult:

You don't have to deal with this alone. Talk to a parent or teacher about how you're feeling.

Block out difficult voices or sounds:

E.g. Listen to music you enjoy.



Use headphones or ear defenders.



Count quietly to yourself, focusing only on the numbers until they're all you can hear

You can also try this with a favourite word, saying it over and over at different volumes.



CARE RESPONDERS

The 'Cool Down' Toolbox



The Star Stretch: Stretch your arms and legs out wide like a giant star. Spread your fingers and toes out, then relax

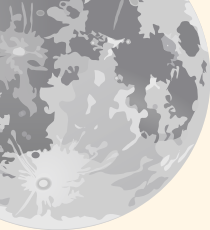
The Ice Melt: Hold an ice cube in your hand. Notice how cold it feels and watch it slowly turn into water.



The Bubble Breath: Breathe in deeply like you are smelling a flower, and breathe out slowly like you are blowing a giant bubble.



CARE RESPONDERS



The Scribble Blast



Our brains can feel busy with lots of thoughts zooming around like rockets.



If you feel angry or scared, find a cosy spot where you feel comfortable.

Take a crayon and **scribble as hard as you can** on a piece of paper until you're tired. Then, **rip up the paper** as many times as you want!

A scribble blast can help some of our thoughts float away into space.



CARE RESPONDERS

Words for Difficult Moments

First responder

(Police, paramedic, A&E)

Emergency

(Quick, fast support)

Risk

(Something might not be safe)

Crisis Team

(Professionals who can help you)

Trusted Adult

(A grown-up you can talk to)

CAMHS

(A place to help children with their mental health)

Safety Plan

(Things we can do to help you stay safe)

Referral

(Getting more help from someone new)



My Safe Place



Close your eyes and think about a **place**
you feel safe

Maybe it's the **beach**, somewhere from a
book, or a place you really like!

What can you **see**?
What can you **hear**?



You can stay here a little longer or come
back when you need it



Hand Tracing

- **Hold one hand open**
like a star ★
- Use a **finger** from your
other hand to **trace**
around it
- Keep going until you've
traced **all 5 fingers**
- **Repeat**





Flower Breathing

Pretend you are holding a **flower**

Breathe in like you are smelling a flower,
count to 3

Breathe out through your mouth like you are
blowing the petals



CARE RESPONDERS

4-7-8 Breathing



4

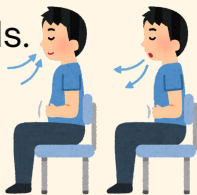
Breathe in through your nose for 4 seconds.

7

Hold your breath for 7 seconds.

8

Slowly **breathe out** through your mouth for 8 seconds.



Repeat these steps 3-4 times until you feel calmer.

*If holding your breath feels uncomfortable or makes you feel panicky, skip the hold and just focus on making your exhale longer than your inhale



CARE RESPONDERS



The 5 Senses Game

Try and look for:

5

things you can **see** (like a chair, a tree, a phone)



4

things you can **touch** (like your clothes, your hair)



3

things you can **hear** (birds, a ticking clock, cars))))



2

things you can **smell** (a flower, hand soap, fresh air)



1

thing you can **taste** in your mouth (water or food)





Feedback



Help us make this resource better!

Please scan the QR code and tell us what you found helpful and what could be improved. Your feedback helps us make our materials more useful for children, young people, families and professionals.

