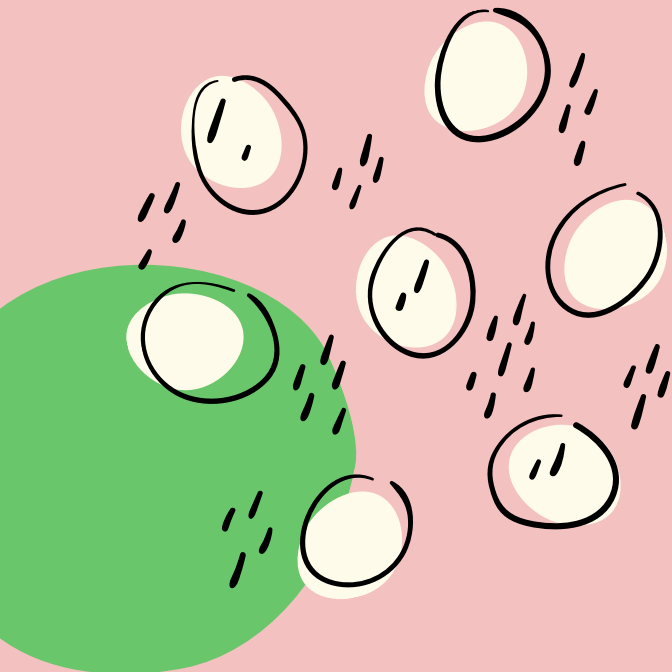


# WELLBEING TOOLKIT FOR TEENS



tough  
cookies

TOUGH COOKIES

# CONTENTS

- 3 GOAL GET 'EM!
- 7 IT'S ALL ABOUT ME
- 10 ALL THE FEELS...
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# Goal get 'em...

The job I want to have one day:

A place in the world I want to travel to...

A pet I want to own, what would I name it...

A new skill I want to learn...

1 year from now I will be...

5 years from now I will be...

# Planning my journey

Success doesn't happen overnight. Let's plan the next year. Set a goal for each timescale.



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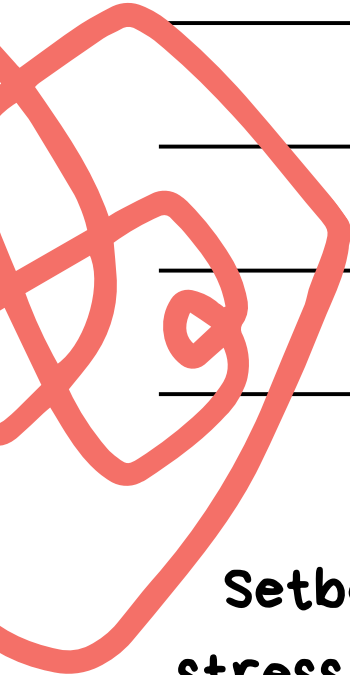
if you want  
the rainbow,  
you gotta  
put up with  
the rain



# what is your number 1 goal?



what are some possible setbacks that could prevent you from reaching your goal?



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Setbacks can sometimes cause feelings of stress and anxiety. what are some ways you can manage your feelings when stressed?

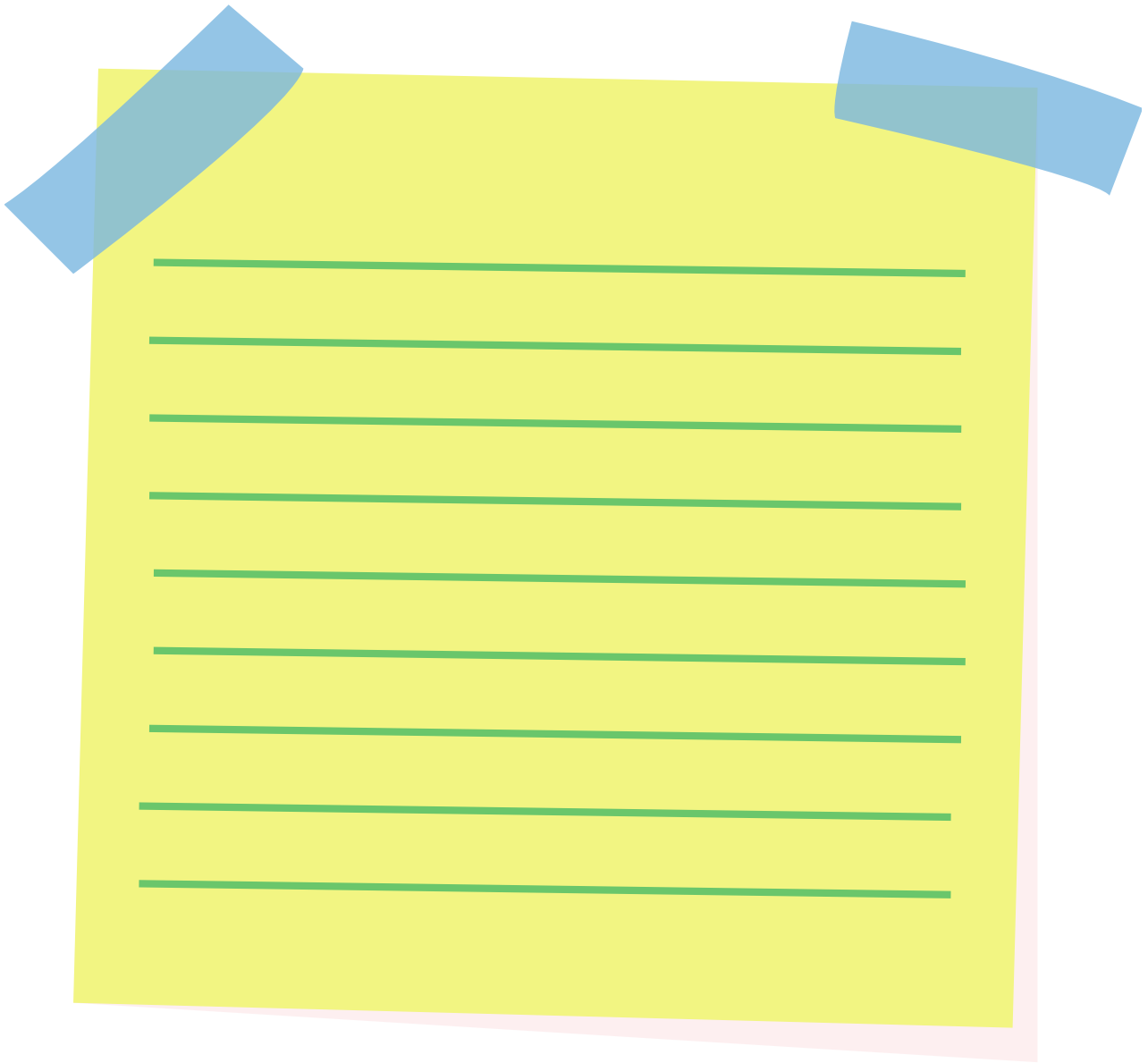
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# It's all about me!



**STICK WITH ME!**

Use the sticky note to tell the world  
all about yourself!

Positivity!

You're making a brew,  
a lovely cup of positivitea!

Write as many positive words and messages you  
can think of.





# I love me because...



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happy angry busy

confused friendly sad



# All the feels

Use this page to write down how you feel...

'	'	'	'	'	'	'	'	'	'	'
'	'	'	'	'	'	'	'	'	'	'
'	'	'	'	'	'	'	'	'	'	'
'	'	'	'	'	'	'	'	'	'	'
'	'	'	'	'	'	'	'	'	'	'
'	'	'	'	'	'	'	'	'	'	'
'	'	'	'	'	'	'	'	'	'	'
'	'	'	'	'	'	'	'	'	'	'

frustrated funny lost

bored calm lonely

# How are you feeling?

why?

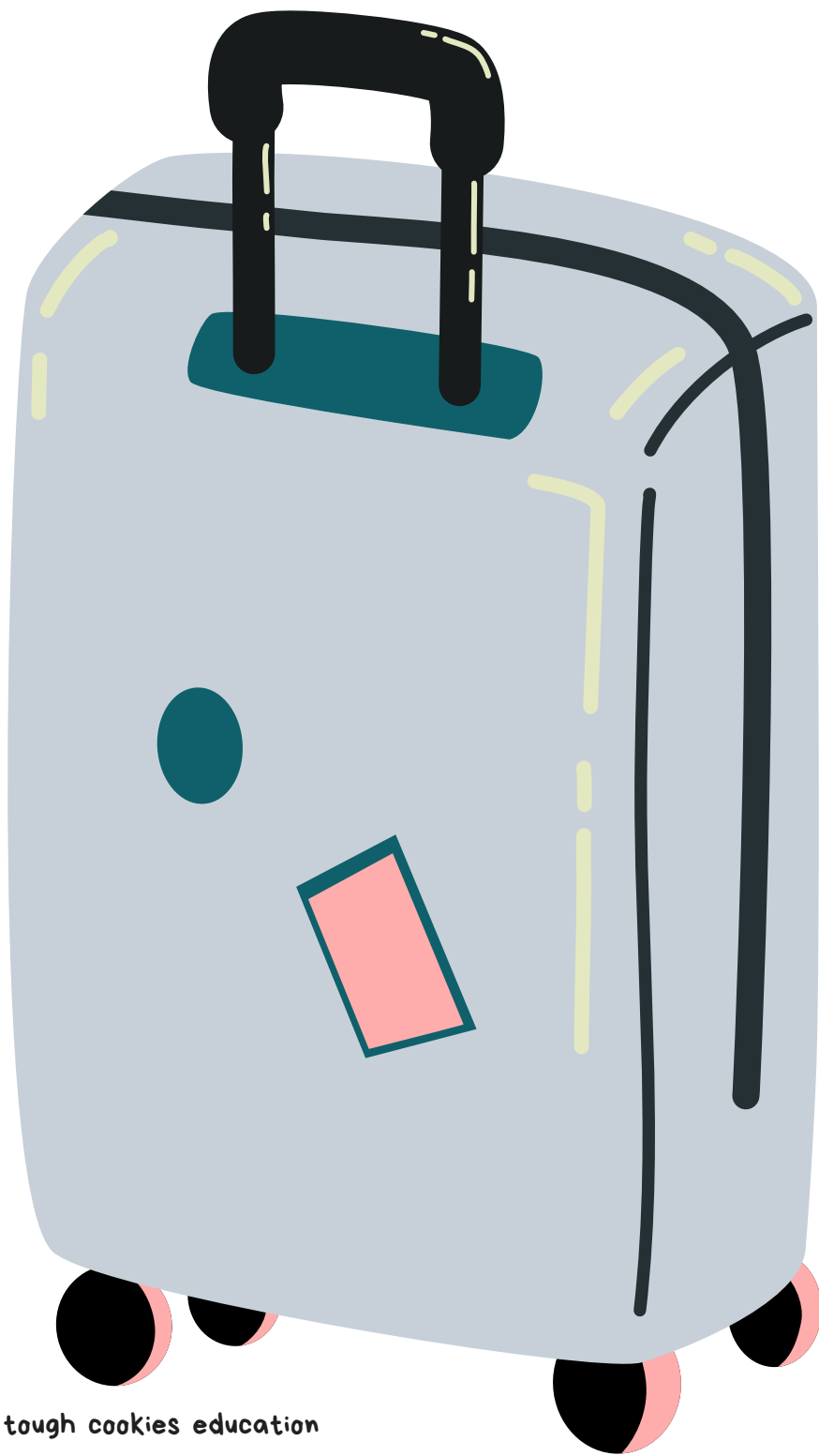
I feel I need: (tick all that apply)

- |                                 |                                   |                                  |
|---------------------------------|-----------------------------------|----------------------------------|
| <input type="checkbox"/> a hug  | <input type="checkbox"/> a cookie | <input type="checkbox"/> a dance |
| <input type="checkbox"/> a bath | <input type="checkbox"/> a laugh  | <input type="checkbox"/> a song  |
| <input type="checkbox"/> a chat | <input type="checkbox"/> a nap    | <input type="checkbox"/> a book  |




everything is going to be okay

Think about the **best**  
case scenario?



to ease feelings of  
pandemic panic,  
write down your  
ideas for the best  
possible scenario





# Make a self-care kit for teens!

what would you include in your very own self-care kit, to encourage positive thoughts and make you smile?

Tough Cookies Self-care kits for teens is a new project set up in response to the coronavirus outbreak. Young People are nominated by their teachers, support workers or youth workers to receive a kit which includes; a journal/notebook and pen, colouring pencils, scented soap, hand cream and facemask, jelly beans, love hearts and hot choc, herbal tea, a stress toy, a positive message and a copy of our wellbeing worksheets for teens. To see if they are available in your area go to [toughcookiesed.co.uk](https://toughcookiesed.co.uk)

good  
things  
ahead

# just for fun

had  
fun

talked  
to a  
friend

went  
outside

drank  
water

self-care  
bingo

I  
got  
dressed

took  
a  
shower

asked  
for  
help

took  
a  
tech break



just for fun

BODY HAIR  
DON'T CARE



# doodle-a-day challenge!



1 a selfie

2 outside your window

3 a motivating quote

4 funny faces

5 your favourite food

6 body parts

7 tough cookies

just for fun



# about tough cookies education


Tough Cookies Education provide comprehensive relationships, sex and health education (RSHE) in the classroom and for communities.

Every year we visit hundreds of schools and work with thousands of children and young people providing RSHE, which supports the Learning objectives of the national curriculum. We cover topics such as puberty, periods, body image and healthy relationships.

Tough Cookies Education provide training for professionals and we run workshops for parents and carers.

We deliver youth work projects, create fun and educational resources and offer RSHE consultancy.





get in touch



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