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Self Help WorksheetsThere are a number of free and low cost, self help worksheets available. These can be downloaded for free or purchased as PDF documents or a hard copy can be sent to you through the post. Please specify which you would prefer when purchasing. We hope to be able to produce all the worksheets in the form of a book so keep your eyes peeled for more information.All of the free worksheets are protected by a creative commons license, so they are free to download and distribute non commercially. Please do not remove the footers which credit the original source. Useful Contacts (UK)Information and contact details of useful mental health services and helplines, including ones available over the holiday period.Festive Period 2024 - Useful Contacts (Hertfordshire)Weekly ScheduleAvailable free of charge and for use to help when planning in structured activities. You may choose to use these to help you get through a difficult time or you may decide to make these part of your regular routine.Monthly Diary SheetsSix page diary sheets which can be printed and used regardless of the month or year. There is space for adding in appointments, weekly goals and achievements plus a front sheet that includes a monthly to do list and a month overview which can be used to record mood or tick off daily tasks such as taking medication.Mood DiariesAvailable free of charge and for recording your mood at regular intervals throughout the day. They can be a helpful tool for identifying patterns and triggers and can give the user a clear tool for communicating mood over a given period. They can be a helpful aid when seeking professional support with a mood disorder such as depression.Mood WallVisual tool for measuring mood over a longer period of time. Each brick of the wall represents a day in the month and you can chose what colour you would like to represent your mood on a ten point scale.Food and Mood DiariesAvailable free of charge and for using when tracking diet and mood, and how each effects the other.Spending Diary SheetsAvailable free of charge and designed to help track spending over a given period. The information gathered can be used to develop a better understanding of spending patterns.Thought RecordsAvailable free of charge and a useful tool to help the individual identify and challenge negative and unhelpful thought patterns.Managing StressA worksheet to help you to log the things that are causing you stress, your stress levels, what you are doing to manage your stress and how effective that technique was and lowering your stress levels. There is also a prompt sheet with techniques grouped according to how they work.Mindfulness Body Scan Colouring PageFree colouring page to assist with a mindfulness body scan. The idea is that the individual works through their own body, focusing on one area at a time, considering how that part feels, whether it is tense, relaxed, comfortable, in pain, warm, cold, and so on. They then colour the corresponding area of the body diagram with a colour that helps represent that feeling. For instance, they may choose a blue colour for coldness and red for heat or pain. Another colour, such as green, colour represent a relaxed or comfortable state.Work in ProgressThis worksheet is for individuals to use as a prompt to remind themselves of the positive work they are doing to improve their situation, and opportunity to reflex and develop insight and think about the progress they have made. Healthy Habits LogAvailable free of charge and can be used to help record and prompt healthy behaviours. The idea is that they will give the individual an idea of their behaviour, routines and help them to recognise any unhealthy patterns of behaviour and act as prompts to healthier behaviour. Healthy Habit Log - Daily Log SheetsIf you are someone who likes to record a bit more information here's the Healthy Habits Log in daily form.Healthy Habits Tick & Stick SheetFree of charge worksheet designed to motivate and support the individual in the development of new healthy routines. 24 Hour ClockWorksheet to help track your activity over a 24-hour period.Project Planning WorksheetFree of charge worksheet to help with planning larger projects that might take time to complete.Goal Setting WorksheetsFree of charge worksheets to help the individual plan, set and achieve their goals.Action Planning WorksheetFree of charge worksheet to help with action planning. The worksheet provides space for actions, any steps to completing the action, who will complete these and the time and which this needs to be done by. Personal Wellbeing PlanFree of charge worksheet designed to help people recognise their own personal warning signs and triggers and develop a plan that can be followed when the need arises. These plans can be especially helpful for someone who is prone to becoming overwhelmed by stress or suffers with a mental health issue.Creating BalanceVisual worksheet to help identify imbalances in a persons lifestyle and understand the kind of activities that can help offset those imbalances.Understanding Your Own Mental HealthA good accompaniment to the Personal Wellbeing Plan, this worksheet aims to assist the individual in developing their self awareness and understanding of what it means for them to be well and unwell. The worksheet has prompts for varous characteristics that make up a personswellbeingand give space to explore how each of these characteristics are affected by a period of unwellness. How to Create an Emotional First Aid KitSimple, easy to follow instructions for creating your own emotional first aid kit. Wall of ResilienceWorksheet designed to help you to think about what activities do you have in your life or would like to build into your life to help you maintain your wellbeing and manage stress.Shopping ListSimple, easy to use shopping list which the individual can print out and use as a checklist to identify items needed (and cross of anything not needed) and the as a tick list while out shopping.Meal PlannerSimple, easy to use meal planning worksheet aimed to help the individual plan out their meals for the coming week with space for listing components/ingredients needed and any shopping that needs to be done for that weeks meals.A Beginners Guide to FacebookA printable version of the blog posts of the same name.A Beginners Guide to Attending a Zoom MeetingA printable, easy to follow guide for anyone wanting to attend a Zoom meeting for the first time.No Cold Callers NoticeFree printable notice to display in your window to notify cold callers that you do not engage with uninvited sales persons.Mental Health First Aid Kit Colouring PageFree colouring page to download, print and colour.Thank you NHS Colouring PageFree colouring page to download, colour and put in your window.If you've found the worksheets helpful and would like to make a donation this would be very much appreciated. 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It contains introductory sections and 50 activities divided into sections on self-awareness, empathy, effective cSaveSave Lifeskills 2018a MAST For Later100%100% found this document useful, undefined Share copy and redistribute the material in any medium or format for any purpose, even commercially. Adapt remix, transform, and build upon the material for any purpose, even commercially. The licensor cannot revoke these freedoms as long as you follow the license terms. Attribution You must give appropriate credit, provide a link to the license, and indicate if changes were made. You may do so in any reasonable manner, but not in any way that suggests the licensor endorses you or your use. ShareAlike If you remix, transform, or build upon the material, you must distribute your contributions under the same license as the original. No additional restrictions You may not apply legal terms or technological measures that legally restrict others from doing anything the license permits. You do not have to comply with the license for elements of the material in the public domain or where your use is permitted by an applicable exception or limitation. No warranties are given. The license may not give you all of the permissions necessary for your intended use. For example, other rights such as publicity, privacy, or moral rights may limit how you use the material. Life skills are an important area of learning for kids. This set of skills guides children in knowing the difference between right and wrong and effectively allows them to get by in life. Follow along as we delve into 15 lively life skills activities for young learners! Bake something sweet such as a cupcake and practice following the recipe and being guided by its instructions. Baking requires students to pay attention to detail, work methodically and employ lots of patience in waiting for their baked goodies. Learn more: Parent Map Knowing the emergency numbers ensures that your child is equipped with the knowledge of who to contact in differing emergencies. Be sure to teach learners the correct telephone numbers based on their geographical location. Learn more: Very Well Family Sitting at a table for dinner helps encourage open communication and kids will generally feel a sense of pride and accomplishment if their family sits at a self-set dining table. Learn more: Manners To Go This is a wonderful activity for budding builders! Introduce your kids to tools in a safe environment- ensuring that you highlight the importance of safe usage thereof. Learn more: ahs.com Garden is a great life skill to nurture from a young age. Gardening allows learners to become more responsible in caring for their plants. Gardening also exposes learners to a better understanding of the natural world and all of its elements. Related Post: 15 Of Our Favorite Subscription Boxes For KidsLearn more: A Mighty Girl Kitchen safety should be practiced at all times- especially in the presence of minors. Learning about how to best work in a safe manner within the kitchen allows students to avoid causing any hazards or being subject to the consequences thereof. Dont forget to teach basic kitchen skills during mealtime preparation and ask children if theyd like to help! Learn more: Fire Safety for Life Basic sewing skills and the attention to detail that is required whilst engaged in tasks, help learners develop fine motor skills and self-control as well as focus and patience. Learn more: Amazon Counting money and learning how to give correct amounts of change, is a skill that everyone should be equipped with. Make it fun with cool coin recognition games, linked below! Learn more: Thought Co Personal hygiene ensures that adults feel confident and clean every single day. This life skill is important to introduce children to from a young age as it helps combat the spread of germs and illness in a social setting. Learn more: Teachers Pay Teachers Grocery shopping helps improve planning and budgeting abilities. Remember to keep the shopping trip fun by possibly making up word games as you weave your trolley in and out of the various aisles. Grocery shopping skills are also closely related to money skills and the two could even be linked together during an excursion. Learn more: Autism Classroom Resources Tying shoelaces is no easy feat, but this easy lace-it-up book will help your kiddies reach success in no time! Fine motor skills are developed during this exercise as not only hand-eye coordination is employed, but so too is finger isolation and coordination. Tying your shoes further introduces learners to the concept of tension and helps to build hand strength. Learn more: Amazon Cleaning the house or classroom helps reinforce the idea that humans need to look after their belongings by keeping them clean and managing them well. When you ask a child to help you clean, giving clear guidance on what youd like their help with, you are fostering independent responsibility and self-satisfaction upon completion of the task. Learn more: Hands-On As We Grow Teach the importance of time management with the help of this fun creation! This life skill helps learners better manage their time in relation to a task or longer schedule in later life. Learn more: flintobox.com The washing of clothes has come a long way in its modernization of the task and is one of the basic skills a child should learn. Children learn how to use a washing machine and care for their clothing. Make hanging up the clothes a fun task as you turn it into a matching activity! Learn more: Nurture Store Being able to swim ensures that a child will not drown and is therefore considered a life-saving skill. Learning to swim provides kids with so many later opportunities for fun, such as water-based sports and competitions. Learn more: One with the Water The skills developed with the help of the above activities help young learners live healthy and happy lives and should therefore be regarded as an integral part of any young learners home or school-based learning journey. Functional life skills activities are carried out in a relatively natural manner whilst children are engaged in everyday tasks. Life skills help prepare children to navigate various tasks they will encounter at different stages of life and allow them to lead healthy and happy lives. Learning life skills is a life-long process, but many concepts can be introduced during the completion of everyday household or classroom activities. Start introducing kids to new areas of learning from a young age to ensure that they will have acquired the necessary skills to successfully cope. Children should learn how to: prepare a simple meal for themselves, assist with laundry, search the internet in a safe manner, plants seeds and cultivate garden life, navigate around their neighborhood and know emergency numbers as well as tell the time, assist with cleaning and laundry, and learn to swim. These are basic survival skills and help children engage in a wealth of activities.

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