

Comfort Cards

Write the activity here

Draw the activity here

tell us more about it
When do you do it?
Where?
What's the best part?

How many stars
would you give it?
Colour them in



Who helps you include this activity or
who does it with you?



Comfort Cards

To help the child identify activities which have a positive impact on their emotional wellbeing and how this can be enhanced within their network of support. Creating comfort cards encourages the child to consider positive qualities and how they have an impact on their life.

1. Invite the child to make a list of different things which help them feel good.

Encourage them to think about a variety of activities which link to different aspects of their well-being (spending time with others, hobbies, learning, physical etc).

2. Using the template, ask them to create a card for one of the feel-good activities. On the back of the card ask them to identify who they enjoying doing this with or who helps them to include this into their week.

3. Task the child to share their card with the person who they have identified on the back.

Why not create another - there is no limit to how many activities they wish to share. You could even create a "deck" of Comfort Cards

