

# How to - Self care box

Materials needed:

- Kraft box
- Coloured markers
- Sequins
- Stickers
- coloured or pattern paper
- Glue
- Paper shredder

Over the next 3-weeks you will build your very own self-care box and everything inside to create the perfect resources for treating yourself at home and giving yourself a little bit of time to relax.

## Box

First, we will create the box to hold all of your goodies.,  
Decorate the box as you choose with markers, sequins, and anything else you'd like to use. Shred coloured paper of your choice to make a soft filling for your items.



Materials needed:

- Small mixing bowl & spoon
- melted coconut oil
- measuring spoon
- white and/or brown sugar
- food flavourings: vanilla, peppermint
- Essential oils: peppermint, lemon, oregano, lavender
- Honey
- cocoa powder
- small jar
- Ribbon
- cardstock for tags

## Lip Scrub

Take your small mixing bowl and add 1 tablespoon of melted coconut oil.

Next add your scrub, either white sugar or brown sugar.

Choose your flavour such from food flavourings or essential oils. You can choose from: vanilla, peppermint, lemon, oregano or lavender.

Add in any extras you'd like to choose such as honey or cocoa powder.

Find the cards for the ingredients you've used and include these in your box so that you can remember what each ingredient will help with. You can add a hole with a hole punch and tie these around your jar.

## Materials needed:

- Small mixing bowl & spoon
- measuring spoons
- clay; white, pink & green
- crushed oats
- white sugar
- cocoa powder
- small jar
- Ribbon
- cardstock for tags



## Just-add-water Face Mask

In a small mixing bowl, start with 2tbsp of a white clay base.

Add your choice of 1tbsp pink or green clay. Pink is great for sensitive skin, green is great for oily skin.

Add in 1tsp of any other additives such as crushed oats, sugar or cocoa. Remember, sugar and oats can be a bit rough, so be gentle when applying to the face.

Mix this all together and store in a small air tight jar.

Find the cards that match your add ins and create your own label using card stock and ribbon.



Materials needed:

- thin leather straps
- untreated wooden beads
- ziplock bag
- essential oils: lavender, digestion, tea tree, frankincense, lemon, peppermint, eucalyptus, oregano

# Aroma Bead necklace

Taking a strip of leather strap, measure and cut to the desired length, remembering to leave some extra room to tie it together.

Pick your desired beads. If doing a pattern, you may want to put them on the necklace to see how many you need and in what pattern, but you will need to take them off for the next step.

When you are happy with your beads, place them in a ziplock bag with 6-8 drops of essential oils. Roll the beads and oil around the bag as well as you can to distribute the scent

Thread your beads back on and tie off your necklace.



## Materials needed:

- bath bomb moulds
- isopropyl alcohol
- dried flower petals
- body safe glitter
- citric acid
- sodium bicarbonate
- potassium chloride
- neutral oil
- soap dye
- fragrance or essential oils
- gloves

# Bath Bombs

Add together 6  $\frac{3}{4}$  tsp of sodium bicarbonate, 4  $\frac{1}{2}$  tsp citric acid, and 3 tsp of potassium chloride. Mix and with gloves, break up any lumps.

In a separate bowl, mix together 5  $\frac{1}{4}$  tsp neutral oil, and 6-8 drops of chosen fragrance.

Mix the wet into the dry ingredients and gently break up any lumps. Add a few drops of colour to your liking, and gently mix through.

Lightly spray the mix with isopropyl alcohol and mix until it forms a wet sand that stays together.

Spray the mould with isopropyl alcohol and add your dried flowers.

Overstuff both halves of the moulds and squeeze them together. Leave for 24 hours to set.



# Affirmation Cards

Affirmation cards help us to encourage positive thinking, calmness and build confidence. Write and decorate some of your own cards to include in your special box.

Affirmations are written as person-first, which means "I..." and are always written in present tense, like "I am strong".

Start by doodling some of you own on a scrap piece of paper, decide which ones you like best and create your own cards for these.

# Mindful Colouring

Colouring in can be very calming and a great way to treat yourself to some alone time and self-care.

Have a flick through the mindful colouring sheets provided and pick a few that you really like. At home, you can add in some of your favourite colouring implements and markers so they are ready to go for you.

You'll notice they are really intricate. This is to encourage your mind to focus on just one thing, colouring, which can help to calm from other things and distractions going on.

# Mantra Cards

Mantras are small chunks of texts we can say over and over again to encourage us to believe them. Sometimes they are a few affirmations joined all together, other times they can be a sentence or a phrase.

Pick some of your own from the ones provided or create some of your own using card stock and decorating the,. Make it your own!

# Affirmations



# Mantras

