



Self-Care Menu

Three printable menus of small resets a student can choose from when they need one. Each is a single sheet, meant to be kept in a pencil case or planner rather than used once and thrown away. It teaches self-care in the most practical way: a small thing to do, chosen by the student.

Print these

Page	What it is	How many
Page 2	Menu I, which leans creative	A small stack
Page 3	Menu II, which leans active	A small stack
Page 4	Menu III, which leans practical	A small stack

How it works

Step	What happens
1	Notice that a student needs a reset: low energy, overwhelmed, or just having a hard morning, however small the sign.
2	Hand them whichever menu you think will suit them. None of the menus says who it is for, so you can do this without making a thing of it.
3	They choose whatever sounds right for that moment. There is no correct choice.
4	They do it. There is no need to check back afterwards, though you are there if they want to talk.

Worth knowing

- Each menu has nine small resets in three “courses”: quick ones, ones that take a bit longer, and the familiar things that help.
- Every item is free and needs nothing a form room does not already have.
- Works well alongside the Mood Scale, if a student wants both a way to say how they feel and a next step.

Print a small stack of each in advance, and let a student keep theirs.





THE PASTORAL GUIDE

SELF-CARE MENU

MENU I

QUICK BITES

two minutes or less



A glass of water



Five slow breaths



A moment outside

. . .

SOMETHING MORE

a bit more time



Doodle or draw for a bit



A favourite song



Flip through a favourite book

. . .

COMFORT FOOD

the familiar things that help



Your favourite spot



Someone you trust



Something cosy to wrap up in

Always open. Always your choice.



THE PASTORAL GUIDE

SELF-CARE MENU

MENU II

QUICK BITES

two minutes or less



A glass of water



Five slow breaths



A big stretch

. . .

SOMETHING MORE

a bit more time



A short walk



Get moving for a minute



A healthy snack

. . .

COMFORT FOOD

the familiar things that help



Your favourite spot



Someone you trust



Something cosy to wrap up in

Always open. Always your choice.





THE PASTORAL GUIDE

SELF-CARE MENU

MENU III

QUICK BITES

two minutes or less



A glass of water



Five slow breaths



Clear your workspace for a minute

. . .

SOMETHING MORE

a bit more time



Tick off one small job



Write a short list



Get one thing ready for tomorrow

. . .

COMFORT FOOD

the familiar things that help



Your favourite spot



Someone you trust



The satisfaction of a job well done

Always open. Always your choice.

