Ready2Comply

TOOLKITS FOR CHILDREN'S SERVICES

DIRECT WORK RESOURCE · HEALTH AND WELLBEING

Looking After Me

Hygiene, sleep, food and feeling healthy

A warm, shame-free direct work pack to help young people build everyday self-care – washing, teeth, clothes, sleep, food, moving and health checks – into routines that work for them – and to help you record and plan the support.

- Ages 11–17
- 1:1 or small groups
- 3–4 sessions
- Editable Word

SAMPLE

Worker's guide

Session plans, health guidance for staff, SEND and trauma-informed tips, disclosures, escalation and recording

Activity sheets

Looking after me, routine detective, 12 scenario cards, self-care toolkit, my routine plan, who to talk to

Check-in

Young person's check-in with worker's guide (no score), observation checklist, record sheet – plus a certificate

For children's homes, supported accommodation and schools · British English · Version 1.0 · November 2026

Health guidance in this pack was checked against NHS, DfE, UK Chief Medical Officers and NSPCC sources in November 2026 (see Sources, page 21). It is everyday wellbeing and direct work, not medical advice.

Ready2Comply is not affiliated with the NHS, Beat, Childline or any organisation named in this pack. This pack is not medical advice and does not replace advice from the young person's GP, dentist, school nurse or looked-after children's health team.

Looking after me

Small everyday things that help you feel good

Washing

Shower or wash daily, especially as you get older.

💡 Deodorant helps after puberty starts.

Teeth

Brush twice a day for 2 minutes.

💡 Spit, don't rinse.

Clean clothes

Fresh underwear and socks every day.

💡 Learn to do your own washing.

Sleep

Most teens need 8 to 10 hours.

💡 Phones keep your brain awake.

Food

Regular meals, fruit and veg.

💡 Skipping meals affects your mood.

Water

6 to 8 drinks a day.

💡 Energy drinks wreck sleep.

Moving

Aim for about an hour a day.

💡 Anything counts – walking, dancing, sport.

Health checks

GP, dentist, optician, school nurse.

💡 Ask about anything that worries you.

Feeling good

Doing things you enjoy and resting.

💡 Looking after your mind matters too.

Did you know?

When you're tired, everything feels harder. Getting up at **the same time every day** – even at weekends – is one of the best ways to sleep better.

SAMPLE

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Real-life situations

Cut out the cards or pick one. What's going on? What would you do?

1 Late again

You keep missing your alarm and you're late for school most days. You're tired all the time and getting into trouble.

🤔 What's getting in the way? 💡 What could help?
🗣️ Who could help?

2 The comment

Someone in class says you smell. Everyone laughs. You feel awful and don't want to go back tomorrow.

🤔 What's getting in the way? 💡 What could help?
🗣️ Who could help?

3 Up all night

It's 3am and you're still scrolling. You know you need sleep, but you can't put your phone down.

🤔 What's getting in the way? 💡 What could help?
🗣️ Who could help?

4 Energy drinks

You have three energy drinks a day to stay awake. Now you feel shaky and can't sleep at night.

🤔 What's getting in the way? 💡 What could help?
🗣️ Who could help?

5 Skipping meals

You've started skipping meals because you want to look like people online. You feel dizzy at school.

🤔 What's getting in the way? 💡 What could help?
🗣️ Who could help?

6 Periods

Your period has started at school and you've got nothing with you. You're too embarrassed to ask anyone.

🤔 What's getting in the way? 💡 What could help?
🗣️ Who could help?

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