



**Down's Syndrome
Association**

A Registered Charity No. 1061474

Emotional well-being



Things you can make (and buy)

Easy Read

A Down's Syndrome Association publication

Things you can make (and buy)



Here are some things you can make to help you:

- feel better when you are having a bad day
- remember good things about yourself
- feel confident

Make a bracelet or band

You can choose your own word to go on the bracelet or band.

Choose a word that makes you feel good.

You will need string, beads and some letters for your word.

You can buy these in a craft shop or online.

Happy
Good friend
Cool
Kind
Brave
Strong

Here are words you can use on your bracelet or band.

But you don't have to use these words.

You can choose your own words.

Things you can make (and buy)



You could choose a word to remind you of your favourite holiday.

Words like 'sea', 'sun', 'beach' or the name of the place you stayed.



Buy a bracelet or a band

You may not like making things - that's ok.

You can buy bracelets and bands in shops or online.



You can choose one with words on it that make you feel good.



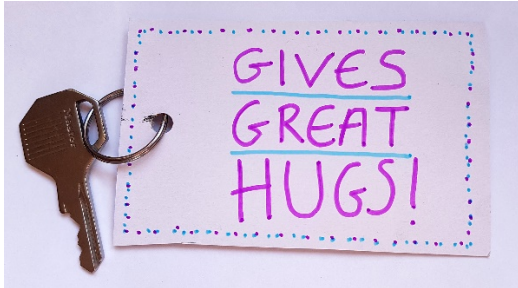
Make a personal keyring

First you need a keyring.

You may have one already or you may need to buy one online or in a shop.

Things you can make (and buy)

Ask your family and friends to write good words about you on pieces of card. Then:



- put Sellotape or sticky clear plastic on both sides of the cards
- make a hole in the corner of the cards
- put the cards on your keyring

When you look at the keyring you will see the good words.



Buy things to go on a keyring

You may not like making things – that's ok.

You can buy things online or in a shop to go on a keyring.

First you need a keyring.

You may have one already or you may need to buy one.



Things you can make (and buy)

Here are some things you can buy for your keyring:



- something that feels good when you squeeze it
- something you like to look at
- something that makes a noise you like
- something with words you like on it

You can also have one of your favourite photos put on a keyring.

Shops that print photos can help you with this.



Make a personal book

This is like a scrap book.

You can make it with paper, or you can make it on your tablet or computer.

You can put photos in the book.

Here are some ideas.

- family and friends
- places you have been
- things you enjoy doing
- things that make you proud



Things you can make (and buy)



Your personal book is for:

- happy memories
- good things about you
- your achievements – things that make you proud



Make a happy box

Find a nice box – one that you like.

You may have one already at home or you may need to buy one.

It can be big or small.

You can put things that make you happy and things that makes you laugh in your box.



Things you can make (and buy)

Here are some things that could go in a happy box:



- photos
- souvenirs from a holiday
- something that smells nice, like a scented soap
- your favourite DVD or book

It is up to you what you put in your happy box.



Looking at the things in your happy box might help you to feel good if you are having a bad day.

Make a happy personal mirror

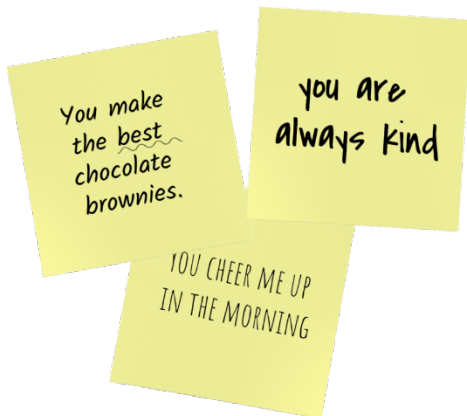
You can put happy photos on your mirror.

You can ask your family and friends to write nice words about you on post it notes.

You can stick the post it notes on the mirror with the photos.



Things you can make (and buy)



When you look in the mirror you will see nice words and happy photos.



Make a stress ball

You can make a stress ball with a balloon.

Hold the top of the balloon open.

Fill it with flour, rice or lentils.

Tie the top of the balloon. This is now a stress ball. It is ready to use.

If you are feeling stressed, you can squeeze your stress ball until you feel calm.



Things you can make (and buy)



You can ask for someone to help you make and do these things.

These are just some ideas.



There are lots of other things you can make to help you feel good.

You can look online for some ideas or ask your friends.

How we can help



We offer advice over the phone.



There are a lot of FREE resources on our website.

Get in touch



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The Down's Syndrome Association provides information and support on all aspects of living with Down's syndrome. We also work to champion the rights of people with Down's syndrome, by campaigning for change and challenging discrimination. A wide range of Down's Syndrome Association publications can be downloaded free of charge from our website.

Contact us

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