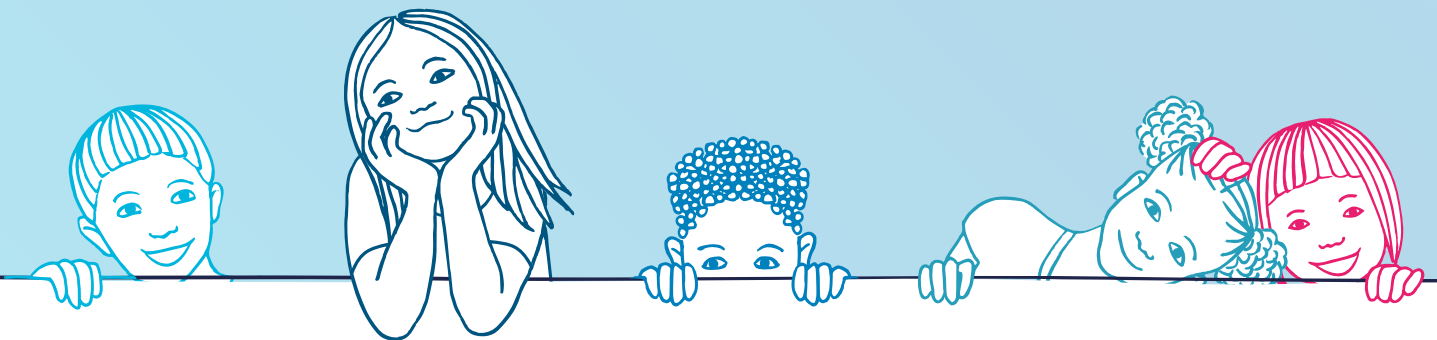


# Young Carers Action Day 2025

# RESOURCE

# PACK



12<sup>th</sup> March 2025  
**GIVE ME  
A BREAK**

A Network Partner of  
**CARERS  
TRUST**

# WHAT IS A YOUNG CARER?

A Young carer is someone aged 5-24, caring for or emotionally affected by a family member who has a physical or mental illness, disability or misuses drugs or alcohol. Carers aged 16+ identify as Young Adult Carers. There are currently over 3,330 registered Young Carers living in Suffolk.

# WHY 'GIVE ME A BREAK'?

Young Carers need time to be themselves; to have fun and relax. This can be difficult when their caring role doesn't stop.

If you are a Young Carer this booklet is designed to help you think about how and when you can have time for yourself and who can help you.

If you are not a Young carer, this booklet we hope will help you understand more about Young Carers, but also help you to make sure you are looking after yourself and making time for what you enjoy.



## SELF-LOVE TIPS

**Be True  
to Yourself**

**Ask for  
Help**

**Speak  
Up for  
Yourself**

**Stop  
Comparing**

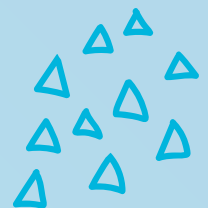
**Believe  
in yourself**

**Be You**

**Share  
your  
feelings**

**Do what  
makes  
you happy**

**Reach  
for your  
goals**



# SELF-LOVE JOURNAL

Name: .....

Draw yourself...

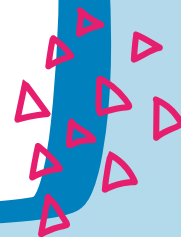
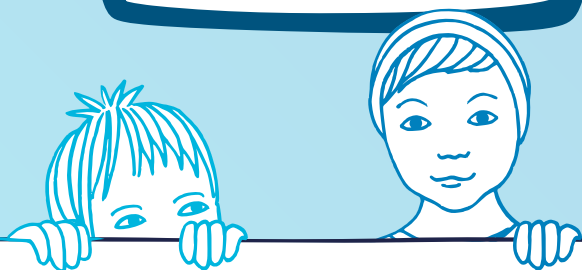
Things you like:

Something you dislike:

Things you're good at:

Things you need help with  
and who can help:

Best Memory:



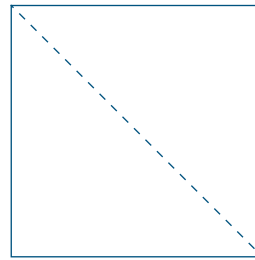
# ORIGAMI FORTUNE TELLER



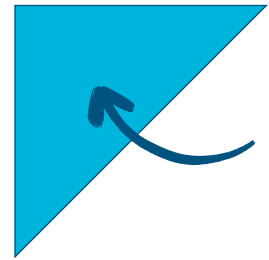
Take a square of paper



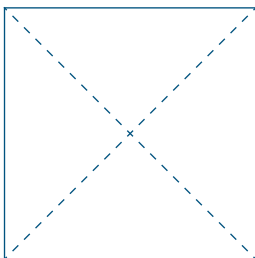
Fold it in half like this



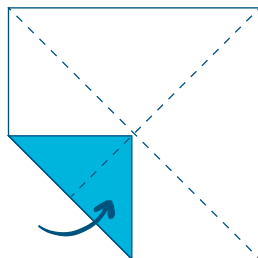
Unfold it



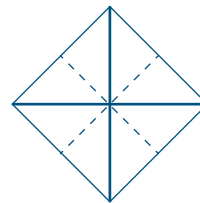
Now fold it in half the other way



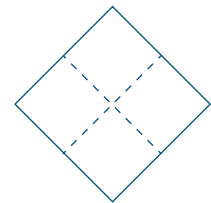
Unfold it and it should look like this



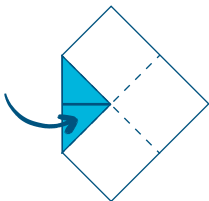
Fold all 4 corners to the centre, so the points just touch



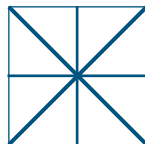
Your paper should now look like this



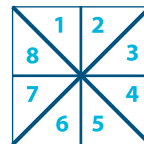
Flip your paper over so the folds you made are turned down



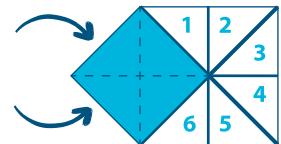
Fold the corners to the centre again



Your paper should now look like this



Write the numbers 1-8. Two numbers on each flap

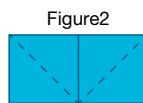


Lift each flap in turn and write ways to take a break under each number. You could use things like:

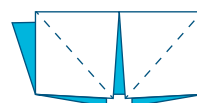
- read a book
- talk to a friend
- do 10 star jumps
- calm breathing
- colouring or drawing



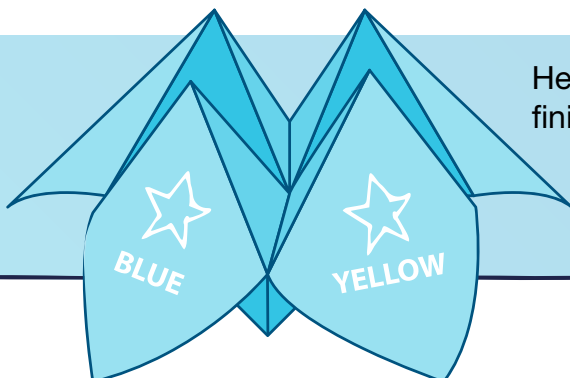
Flip your paper over and add a colour to each section



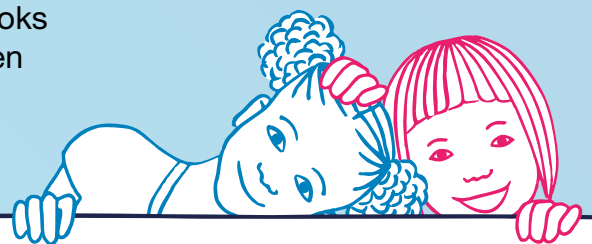
Fold it sideways like figure1 the unfold it and now old it up like figure2



Put your fingers under the 4 open corners

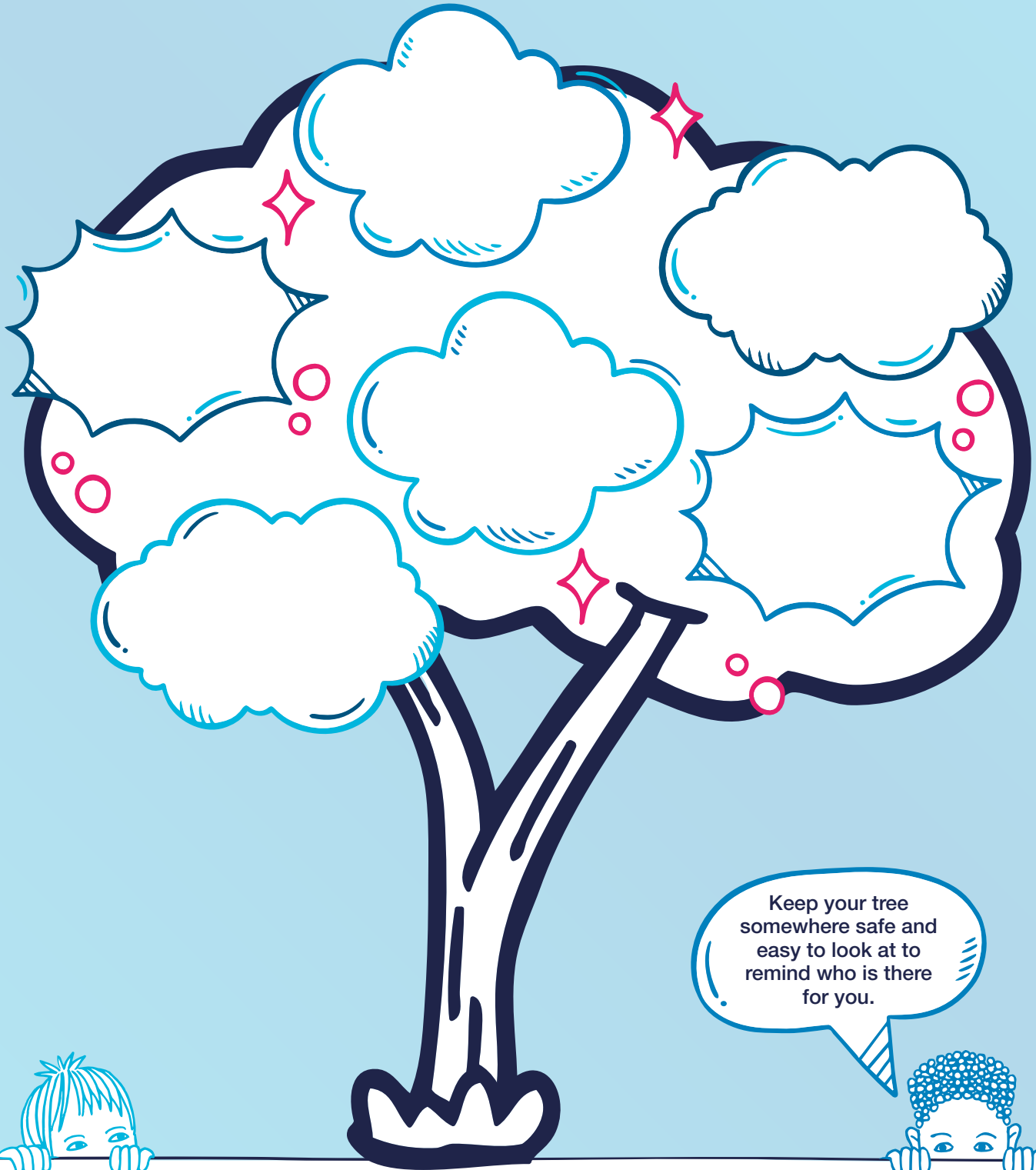


Here is how it looks finished and open



## MY TREE - WHO CAN HELP ME?

On the leaves of the tree add a person that is there for you. They could be a friend, family member, someone at school or anyone who you are close to. If you ever feel lonely or have a worry choose someone on your tree who can help you.



# VOUCHER BREAK

Create your own vouchers for when YOU need a break. These can be then given to adults when you need some time for yourself or time away from a situation.

**I need a break!**

Please can you  
help me to...

- ☐ ... have some quiet time
- ☐ ... have time to myself
- ☐ ... do an activity
- ☐ ... understand my feelings

**I need a break!**

Please can you  
help me to...

- ☐ .....
- ☐ .....
- ☐ .....
- ☐ .....

**I need a break!**

Please can you  
help me to...

- ☐ .....
- ☐ .....
- ☐ .....
- ☐ .....

**I need a break!**

Please can you  
help me to...

- ☐ .....
- ☐ .....
- ☐ .....
- ☐ .....

**I need a break!**

Please can you  
help me to...

- ☐ .....
- ☐ .....
- ☐ .....
- ☐ .....

**I need a break!**

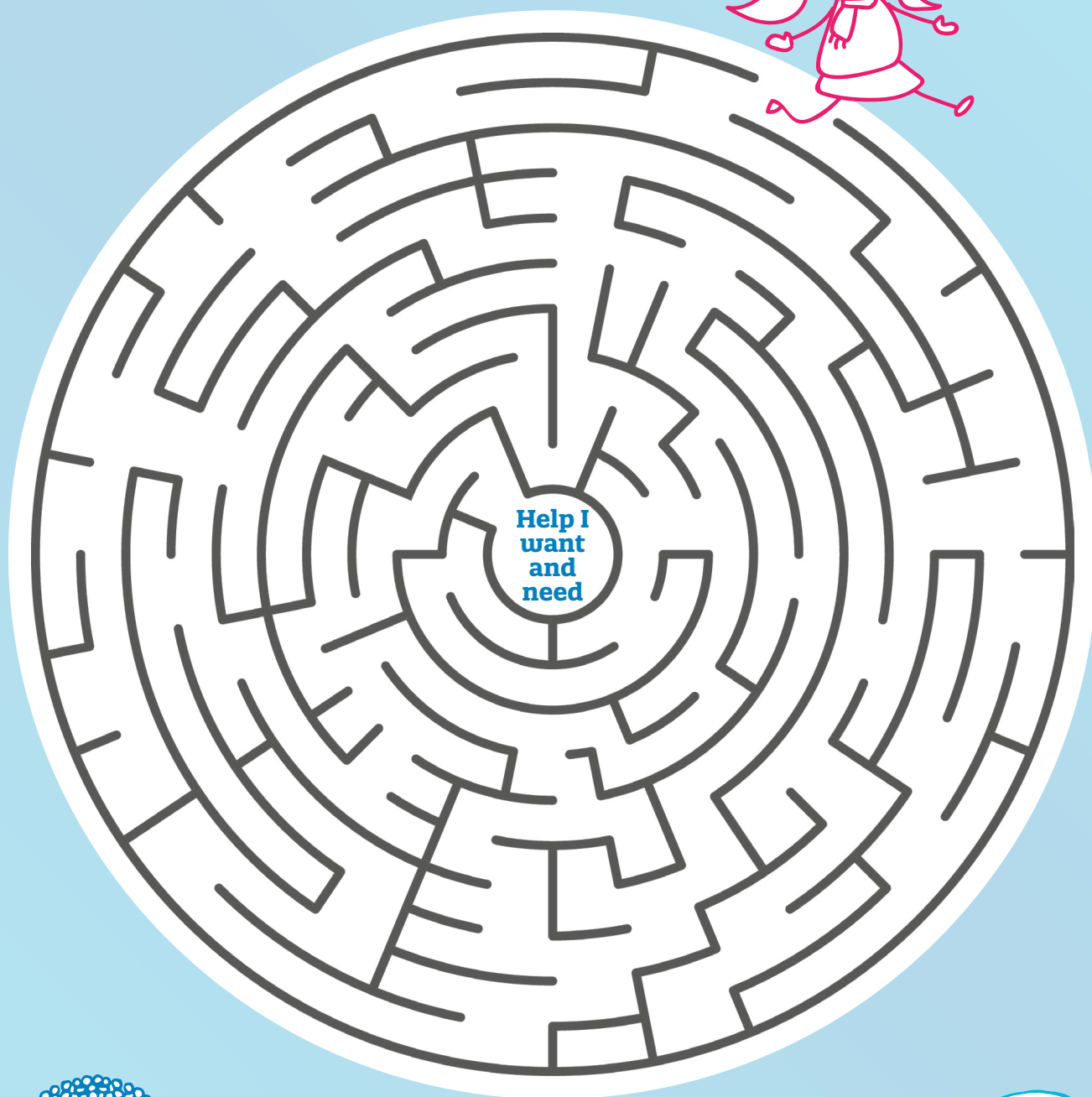
Please can you  
help me to...

- ☐ .....
- ☐ .....
- ☐ .....
- ☐ .....



# FIND THE RIGHT HELP

Finding the right help can be frustrating, especially if you're a Young Carer. Can you help this Young Carer find the help they need?



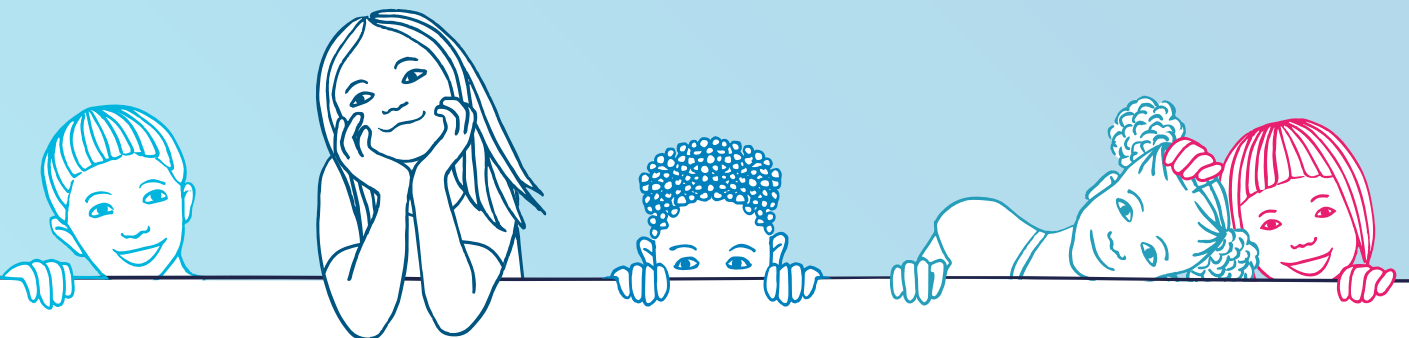
# FIND THE RIGHT HELP

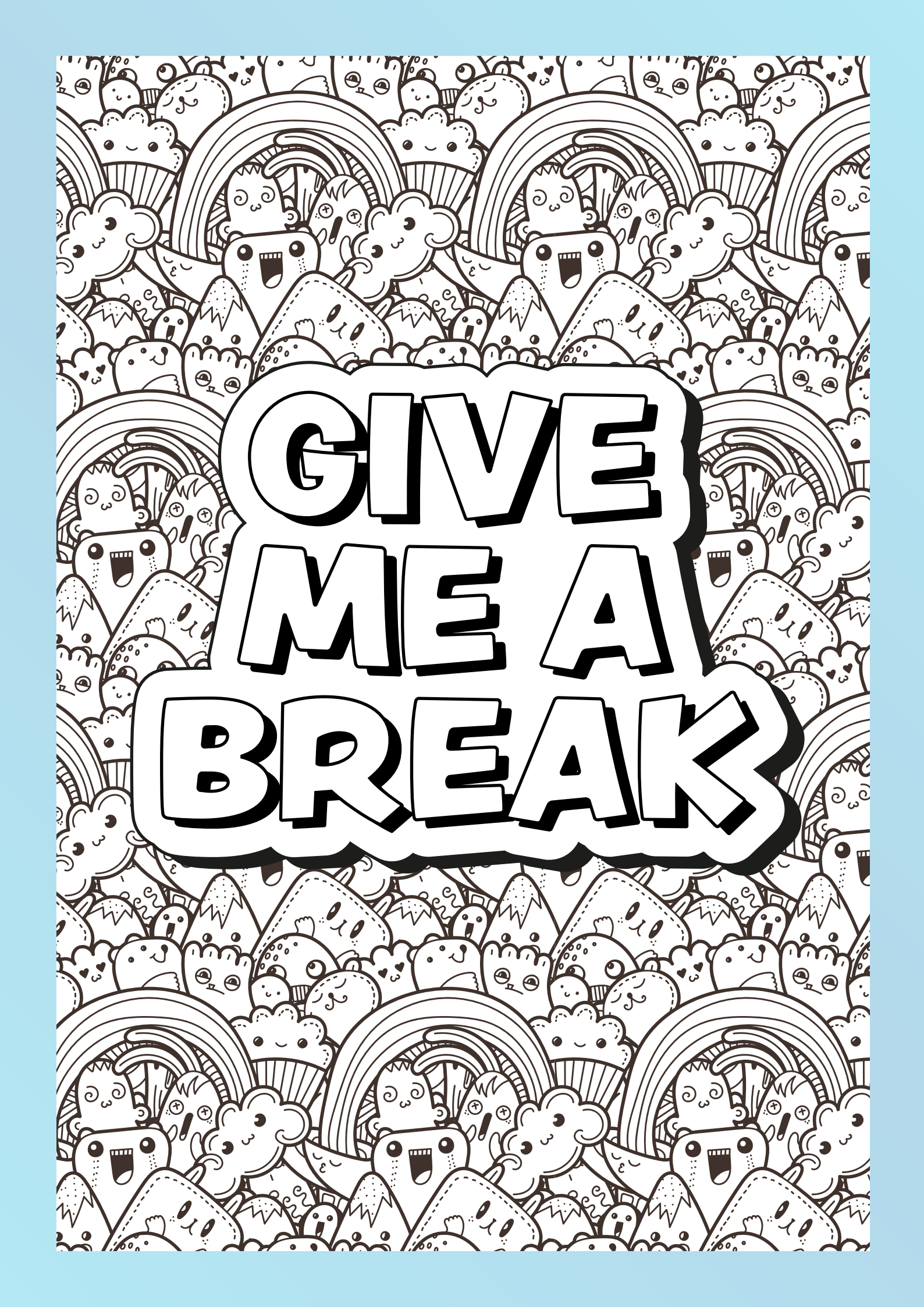
P F X  
G F A R B  
H A H A R I H W  
A M R H M K E S S K F Q L D U Z C  
X T E T T X I O N Z O C F O O T B A L L  
Q C S P P H L L P D X F W J U F K Z C I  
J C V F M M R K Y C S K T N R S P G S K  
Y O U N G C A R E R D A K J I I Y B Z G  
Z V N J N Y X E E M G C U Y N B M H A F  
B N P I Y M F S M K Z Q O G L V K Y  
C E D I Y G F R F L F B W I A D  
H T A R E A D I N G Q Z N N  
R E G E S W I M M I N G  
T M A K K B V D L O  
I H H A H K J F  
Z H E O G K  
N R M G  
B V

BREAK  
TIME  
READING  
GAMES

COLOURING  
PARK  
FOOTBALL  
SWIMMING

FRIENDS  
YOUNG CARER  
FAMILY  
SIBLING





**GIVE  
ME A  
BREAK**