

役立ちツール 2

きんきゅうのときカード



リラックス法 ジュン ver.



子ども情報ステーション

by ふるすたるは



プライベートゾーン



診察日記



100のやりたいことリスト



「今ここは安全」というきもちを強める方法



家族の対応いろいろ



あなたにおぼえておいてほしいこと



あなたへ (中高生のみなさんへ)



メッセージシート



病のことでききたいことリスト



リソースマップ (全7種) ①子ども編 (精神疾患)



②親編 (精神疾患)



③精神科主治医編



④子ども編 (病気や障がい)



⑤親編 (病気や障がい)



役立ちツール3

子ども情報ステーション

by ぶるすあるは



リソースマップ ⑥支援者編



⑦子ども編 (家族が病気や障がい)



子どもがそだん できるところ



絵本のポイント① 子どもの安心につながる 大人のかかわり



絵本のポイント② いろいろな工夫



絵本のポイント③ 子どもの気持ちと行動の 理解と対応



絵本のポイント④ 子どもへの病気の伝え方



先生のための保健室



境界線ってなに？ (2枚ワークシートver)



境界線ってなに？ (3枚ver)



役立ちツール 4

子ども情報ステーション

by ぶるすあるは



イトコ探しリスト

This is a search list for 'Itoko' (a type of Japanese cat). It includes various names and descriptions of Itokos, such as '白い足の子猫' (White-pawed kitten), '黒い耳の子猫' (Black-earred kitten), and '茶色い目と白い耳の子猫' (Brown-eyed and white-earred kitten). There are also sections for 'おもちゃ' (Toys) and 'おやつ' (Snacks).

こことからだのメーター日記

This diary tracks physical measurements like height and weight over time. It features a scale from 0 to 100 and a chart showing growth. There are also sections for 'おもちゃ' (Toys) and 'おやつ' (Snacks).

かんたんリラックスアルハ ver

This card provides relaxation tips for children, including stretching exercises and breathing techniques. It also includes sections for 'おもちゃ' (Toys) and 'おやつ' (Snacks).

みんなの知恵でこころをメンテ

This card offers advice on maintaining mental health through teamwork and communication. It includes sections for 'おもちゃ' (Toys) and 'おやつ' (Snacks).

今週の過ごし方

This card helps plan weekly activities. It includes a '今週の過ごし方' (This Week's Activities) section with a grid for each day, and a 'おもちゃ' (Toys) and 'おやつ' (Snacks) section.

ヤングケアラーのみなさんへ (3種: こんなことしてる・きもち・メッセージ)

The first card is titled 'ヤングケアラーのみなさんへ' and discusses common situations like 'おしゃべりが少ない' (Few words) and 'おやつがない' (No snacks). The second card shows two characters talking about their feelings. The third card is a message from a child to caregivers.

ポジティブワード集

This card is a collection of positive words in English and Japanese, such as 'かわいい' (cute), 'うれしい' (happy), and 'すてき' (beautiful). It includes sections for 'おもちゃ' (Toys) and 'おやつ' (Snacks).

ハルのきもちいろいろメーター

This card features four emotion scales: 'かわいい' (cute), 'うれしい' (happy), '寂しい' (lonely), and '悲しい' (sad). It includes sections for 'おもちゃ' (Toys) and 'おやつ' (Snacks).

たくさんのか力を遠慮なくかりよう

This card encourages children to use their strength without reservation. It includes sections for 'おもちゃ' (Toys) and 'おやつ' (Snacks).

気づきのワーク

This card is a worksheet for awareness. It includes a 'Step 1-①' section for drawing and writing, and a 'Step 2-②' section for drawing and writing. It includes sections for 'おもちゃ' (Toys) and 'おやつ' (Snacks).

スケール

This card features a scale from 0 to 10 for rating things like 'おもしろい' (funny) and 'うれしい' (happy). It includes sections for 'おもちゃ' (Toys) and 'おやつ' (Snacks).

子ども情報ステーション

by ぶるすあるは

ハッピーリスト

This card lists happy things like 'おもちゃ' (Toys) and 'おやつ' (Snacks). It includes sections for 'おもちゃ' (Toys) and 'おやつ' (Snacks).

かんたんリラックス ハルver

This card provides relaxation tips for Haru, including stretching and breathing exercises. It includes sections for 'おもちゃ' (Toys) and 'おやつ' (Snacks).

安全地図

This card shows a simple map of a neighborhood with houses and landmarks. It includes sections for 'おもちゃ' (Toys) and 'おやつ' (Snacks).

気になっていることリスト

This card is a list of things children are curious about, such as 'おもちゃ' (Toys) and 'おやつ' (Snacks). It includes sections for 'おもちゃ' (Toys) and 'おやつ' (Snacks).

広い世界がまってるし

This card shows a world map with various icons representing different countries and cultures. It includes sections for 'おもちゃ' (Toys) and 'おやつ' (Snacks).

家族全体を応援

This card offers support for the whole family, including '安全・安心' (Safety and Security), '親子で楽しむ' (Enjoying together), and 'ひとりじゃないよ' (You're not alone). It includes sections for 'おもちゃ' (Toys) and 'おやつ' (Snacks).

