

Self-Care for Families

emotional

- __ watch a good movie
- __ write each other positive notes
- __ verbalize and talk about feelings
- __ draw self portraits
- __ Say "I love you"
- __ spend time writing
- __ have a sing-a-long
- __ tell jokes
- __ try a new craft

physical

- __ dance party
- __ go for a walk
- __ family bike ride
- __ take a hike
- __ play kickball
- __ tag
- __ roller skating
- __ go to the pool
- __ jumprope
- __ kids yoga
- __ wii fit games

spiritual

- __ a gratitude list
- __ go outside
- __ talk about forgiveness
- __ write thank you's
- __ volunteer
- __ spend time outside or with nature
- __ practice positive self-talk
- __ plant a tree

mental

- __ read together
- __ draw or write stories
- __ kids meditation
- __ find shapes in clouds
- __ practice belly breaths
- __ go on a walk to find new things
- __ make vision boards
- __ try Headspace for kids
- __ create mandalas
- __ make mindfulness jars
- __ play mind strength games like memory

practical

- __ clean up
- __ declutter old toys
- __ assign chores
- __ make a grocery list together
- __ learn about money
- __ make a weekly budget check-in
- __ make a weekly cleaning check-in
- __ homework/study
- __ have a morning & night routine

social

- __ play in the park
- __ call or visit relatives
- __ have family dinner
- __ play boardgames
- __ host a sleepover
- __ invite friends over
- __ plan a bbq
- __ join a team
- __ do a neighborhood food drive
- __ have talks about friendship and how to be a friend.

just stay curious