**Stay at Home Self-Care Scorecard**

**Dates:\_4-24-20\_\_\_\_\_\_ to \_\_5-1-20\_\_\_\_\_\_\_**

**Points**

\_\_\_\_ 1. Watch a Ted Talk. (3 pts) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_ 2. Read an educational article. (2 pts) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_ 3. Take a walk around your neighborhood. (1 pt)

\_\_\_\_\_ 4. Video yourself dancing. (5 pts)

\_\_\_\_\_ 5. FaceTime a friend/relative you’ve been meaning to catch up with. (3 pts)

\_\_\_\_\_ 6. Talk to a neighbor (6 feet apart). (1 pt)

\_\_\_\_\_ 7. Watch a documentary. (5 pts) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_ 8. Listen to a podcast. (4 pts) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_ 9. Cook something from scratch. (4 pts) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_ 10. Tend to something growing/living. (2 pts) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_ 11. Send a text of encouragement/appreciation to someone you care about. (2 pts)

\_\_\_\_\_ 12. Listen to a different genre of music than you normally do. (2 pts) \_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_13. Try a new kind of exercise you’ve never tried before. (5 pts.) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_ 13. Clean one room/space. (1 pt.) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_ 14. Write a letter/send a card in the actual mail. (5 pts)

\_\_\_\_\_ 15. Create chalk art outside. (5 pts)

\_\_\_\_\_16. Learn and tell a new joke (1 pt) or (5 pts if you make a video and share)

\_\_\_\_\_17. Dress up for a Zoom Call (5 pts)

\_\_\_\_\_18. Make a craft/create some art. (5 pts) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_19. Learn something about a culture different than yours \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_20. Write a poem/Haiku

Total

\_\_\_\_\_

Jot down what you did, watched, listened to, etc. to give ideas to others. Report back: Did you like it, Would you do again, and by all means please share videos that will put a smile on each other’s faces.