

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