

# Self-Care for Families

<p><i>emotional</i></p> <ul style="list-style-type: none"><li>__ watch a good movie</li><li>__ write each other positive notes</li><li>__ verbalize and talk about feelings</li><li>__ draw self portraits</li><li>__ Say "I love you"</li><li>__ spend time writing</li><li>__ have a sing-a-long</li><li>__ tell jokes</li><li>__ try a new craft</li></ul>	<p><i>physical</i></p> <ul style="list-style-type: none"><li>__ dance party</li><li>__ go for a walk</li><li>__ family bike ride</li><li>__ take a hike</li><li>__ play kickball</li><li>__ tag</li><li>__ roller skating</li><li>__ go to the pool</li><li>__ jumprope</li><li>__ kids yoga</li><li>__ wii fit games</li></ul>	<p><i>spiritual</i></p> <ul style="list-style-type: none"><li>__ a gratitude list</li><li>__ go outside</li><li>__ talk about forgiveness</li><li>__ write thank you's</li><li>__ volunteer</li><li>__ spend time outside or with nature</li><li>__ practice positive self-talk</li><li>__ plant a tree</li></ul>
<p><i>mental</i></p> <ul style="list-style-type: none"><li>__ read together</li><li>__ draw or write stories</li><li>__ kids meditation</li><li>__ find shapes in clouds</li><li>__ practice belly breaths</li><li>__ go on a walk to find new things</li><li>__ make vision boards</li><li>__ try Headspace for kids</li><li>__ create mandalas</li><li>__ make mindfulness jars</li><li>__ play mind strength games like memory</li></ul>	<p><i>practical</i></p> <ul style="list-style-type: none"><li>__ clean up</li><li>__ declutter old toys</li><li>__ assign chores</li><li>__ make a grocery list together</li><li>__ learn about money</li><li>__ make a weekly budget check-in</li><li>__ make a weekly cleaning check-in</li><li>__ homework/study</li><li>__ have a morning &amp; night routine</li></ul>	<p><i>social</i></p> <ul style="list-style-type: none"><li>__ play in the park</li><li>__ call or visit relatives</li><li>__ have family dinner</li><li>__ play boardgames</li><li>__ host a sleepover</li><li>__ invite friends over</li><li>__ plan a bbq</li><li>__ join a team</li><li>__ do a neighborhood food drive</li><li>__ have talks about friendship and how to be a friend.</li></ul>

*just stay curious*

# 50 Ways to Take a Break

- Take a Bath
- Listen to Music
- Take a Nap
- Go to a body of water
- Watch the clouds
- Light a candle
- REST your legs up on a wall
- Let out a sigh
- Fly a Kite
- Watch the stars
- Write a Letter
- Learn something **NEW**
- Listen to a guided relaxation
- Read a Book
- Sit in NATURE
- 2x Move twice as slowly
- Take Deep Belly Breaths
- MEDITATE
- Call a Friend
- Meander around Town
- Notice your Body
- Buy some Flowers
- Find a relaxing scent
- Walk Outside
- Go for a run
- Take a bike ride
- View some ART
- Shhh! Eat a meal in **SILENCE**
- Turn off all electronics
- Go to a Park
- Pet a furry creature
- Create your own coffee break
- Examine an everyday object with Fresh Eyes
- Drive somewhere **NEW**
- Go to a Farmer's Market
- Forgive Someone
- Engage in small acts of **KINDNESS**
- Write a quick poem
- Read poetry
- Put on some music and **DANCE**
- Give Thanks
- Read or watch something **FUNNY**
- Let go of something
- Write a quick poem
- Read poetry
- Put on some music and **DANCE**
- Give Thanks
- Do some gentle stretches
- Paint on a surface other than paper
- Write a quick poem
- Read poetry
- Put on some music and **DANCE**
- Give Thanks
- Color with Crayons
- Make some **MUSIC**
- Climb a Tree
- Let go of something
- Engage in small acts of **KINDNESS**
- Do some gentle stretches
- Paint on a surface other than paper
- Write a quick poem
- Read poetry
- Put on some music and **DANCE**
- Give Thanks