

Self-Care for Families

<p><i>emotional</i></p> <ul style="list-style-type: none">___ 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	<p><i>physical</i></p> <ul style="list-style-type: none">___ 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	<p><i>spiritual</i></p> <ul style="list-style-type: none">___ 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
<p><i>mental</i></p> <ul style="list-style-type: none">___ 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	<p><i>practical</i></p> <ul style="list-style-type: none">___ 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	<p><i>social</i></p> <ul style="list-style-type: none">___ 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