

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