

101 Self-Care Activities For Kids And Teens

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1. Cook A Good Meal

2. Snuggle up in a warm blanket

3. Shower or take a bath

4. Craft Something

5. Take a Nap

6. Get some fresh air

7. Drink a glass of water

8. Watch Inspirational Movies

9. Follow daily routines

10. Laugh

11. Make self-care a priority

12. Use positive self-talk to challenge negative thoughts

13. Eat Healthy Food

14. Research a subject of interest

15. Save your money

16. Problem solve

17. Garden

18. Spend Time In Nature

19. Complete a daily to-do list

20. Draw or paint

21. Watch a favorite show

22. Join a club/sport

23. Read a Good Book

24. Make a gratitude list

25. Move Your Body

26. Play brain games

27. Rest

28. Spend Time With a Friend

29. Pray

30. Read Inspirational Quotes

31. Learn New Things

32. Be kind to yourself and others

33. Focus on what you can control, let go of what you can't

34. Stretch

35. Take alone time when you need it

36. Share Your Feelings with someone

37. Set and work toward goals

38. Listen to uplifting music

39. Say positive self-care affirmations such as:

- I can be kind to myself
- I accept and love myself
- I respect myself and others
- I let go of what I cannot change
- I forgive myself for my mistakes
- I strive to get better, not perfect
- I learn from mistakes and failures
- I can do anything I put my mind to
- It's okay to ask for help when I need it
- One bad day does not make me a bad person
- Every day in every way, I am getting better and better

40. Unplug From electronics

41. Go to the park

42. Practice self-love

43. Do yoga

44. Exercise

45. Get good sleep

46. Help others or volunteer

47. Brush Your Teeth

48. Spend time with positive people

49. Forgive yourself and others

50. Take time to relax

51. Play With A Pet

52. Practice Optimism

53. Go for a walk

54. Use grounding techniques

55. Lie outside & look for shapes in the clouds

56. Discover your passions

57. Encourage yourself

58. Go out in the sun

59. Meditate

60. Do something fun

61. Practice stress management techniques

62. Spend time with your family

63. Practice good hygiene

64. Write notes to people you love

65. Do a puzzle

66. Deep Belly Breathing

67. Run around outside

68. Maintain a positive attitude

69. Journal your thoughts/feelings

70. SMILE

71. Dance

72. Be active

73. Clean or organize your room/backpack

74. Play a game with friends

75. Forgive yourself and others

76. Write out your values

77. Call a friend or family member

78. Listen to instrumental music

79. Drink tea or hot chocolate

80. Make your bed

81. Do a hobby

82. Focus on strengths and improve your weaknesses

83. Practice SELF-COMPASSION

84. Star gaze

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