

My Self-Care Plan:

Directions: Write down things you can do to take care of yourself Physically and Emotionally in the boxes below.

Physical

A large rectangular box with a dotted border, intended for writing physical self-care activities. The box is empty and occupies the upper half of the page.

Emotional

A large rectangular box with a dotted border, intended for writing emotional self-care activities. The box is empty and occupies the lower half of the page.

Self-Care Ideas/Examples:

- Make a gratitude list
- Go in your backyard and observe nature around you
- Write a kind note to someone
- Practice positive self-talk
- Read a book
- Draw or paint
- Write a creative story
- Practice 5 finger breathing
- Make a vision board
- Try a free calming App (get approval from parents first)
- Color and/or create a mandala
- Do five Breathing Ball exercises
- Try some stretching exercises
- Watch a good movie
- Write down your strengths
- Talk to a friend or family member on the phone (with parent permission)
- Try a new craft
- Build something (legos or anything else around the house)
- Think of your favorite memory
- Make a goal for yourself
- Play a board game
- Have a dance party
- Do some jumping jacks