

Self-Care for Families

Emotional

- 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

Physical

- dance party
- go for a walk
- family bike ride
- take a hike
- play kickball
- tag
- roller skating
- jump-rope
- kids yoga
- wii fit games

Spiritual

- 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

Mental

- 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

Practical

- 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

Social

- play in the park
- call relatives
- have family dinner
- play boardgames
- join a team
- do a neighborhood food drive
- have talks about friendship and how to be a friend