

Lower School Self-Care

CHECKLIST

PHYSICAL NOURISHMENT

- Try a new food
- Add more fruits and vegetables to your plate
- Do your best to include nourishing foods at each meal
- Drink plenty of water
- Create a sleep routine
- Take a warm bath/shower
- Rub legs and feet to calm energy before bed
- Snuggle
- Avoid screens before bed
- Move your body
- Have a dance party
- Take a walk or a bike ride
- Shake it out
- Play a sport
- Play an active game like tag
- Take a bike ride or run
- Do Yoga poses or stretches

EMOTIONAL NOURISHMENT

- Say I love you
- Write a kind note to yourself
- Create a safe space to discuss feelings
- Tell jokes or watch a funny movie
- Spend time in nature
- List 5 things you are grateful for
- Draw or create a craft
- Do a kids' meditation
- Take belly breaths or practice moments of silence
- Read a book (alone or together)
- Do a body scan
- Have a family game or movie night
- Cook together
- Volunteer to help the less fortunate
- Have a play date
- Sing, hum or make fun noises
- Play an instrument or listen to music
- Talk to a friend

MY SELF-CARE CHECKLIST

