

Middle 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
- Try to eat at least 3 meals a day or 4-6 smaller meals/snacks
- Remember to taste/savor each bite
- Drink plenty of water
- Create a sleep routine
- Try to get 8-10 hours of sleep per night
- Take a warm bath/shower
- Practice focusing on your breath for 2 minutes
- Avoid screens before bed
- Move your body
- Dance
- Take a walk
- Play a sport
- Take a bike ride or run
- Do yoga poses or stretches

EMOTIONAL NOURISHMENT

- Be kind to yourself and others
- Laugh
- Make a "feelgood" music playlist
- Create a safe space to discuss feelings
- Unfollow negative social media accounts
- Spend time in nature
- List 5 things you are grateful for
- Draw or create a craft
- Try a guided meditation
- Take mindful breaths or practice moments of silence
- Do a body scan
- Read a book
- Have a family game/movie night
- Cook or bake
- Spend screen-free time with friends
- Journal your feelings
- Allow yourself to feel emotions without judgment
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MY SELF-CARE CHECKLIST

