Self-care isn’t just for grown-ups, it’s for everyone. But what does self-care mean?

- Self-care is the habit of making time to do the things that take care of YOU! This can be done through:
  - Physical care - care of your physical body through exercise & healthy eating
  - Emotional & Social care - care of your feelings and relationships with family and friends
  - Sensory care - care of your five senses through things that delight and bring pleasure, like enjoying the warmth of the sun on a spring day
  - Mind care - care of your brain through creating or learning something new
  - Spiritual care - care and nourishment of the soul, the essence of you

- Self-care is as individual as you are and it can be done alone or with others.

- Sometimes people confuse self-care with self-indulgence
  - But genuine self-care doesn’t have to cost money and it can also be quite simple

- Some self-care ideas can be:
  - Taking a nap
  - Learning a new song or dance
  - Playing a board game as a family
  - Curling up with a good book
  - Writing down or painting your feelings
  - Keeping your body hydrated

- Try Kids Self-Care Bingo this week and see if you can fill a line!

Sources:
Forte, Paul S., “Prioritizing Self-Care When You Just Don’t Have the Time,” April 28, 2020, MACMH Conference