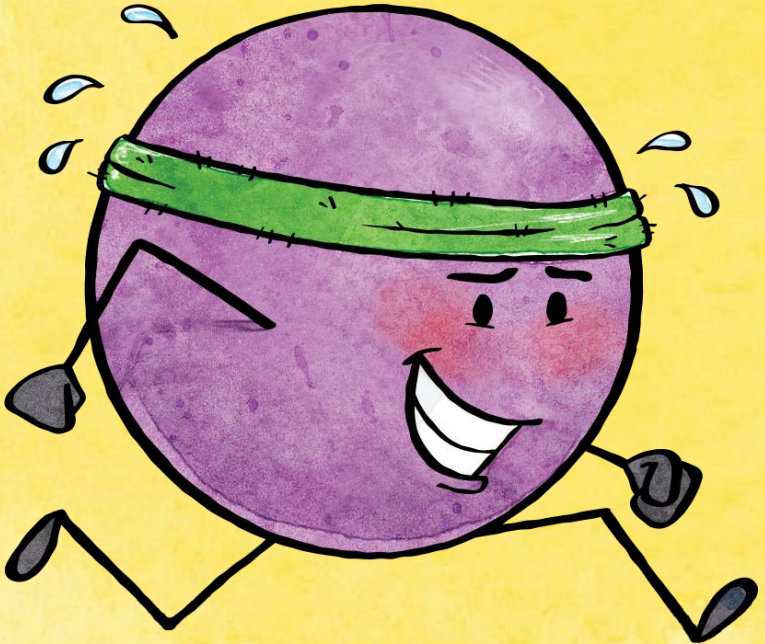
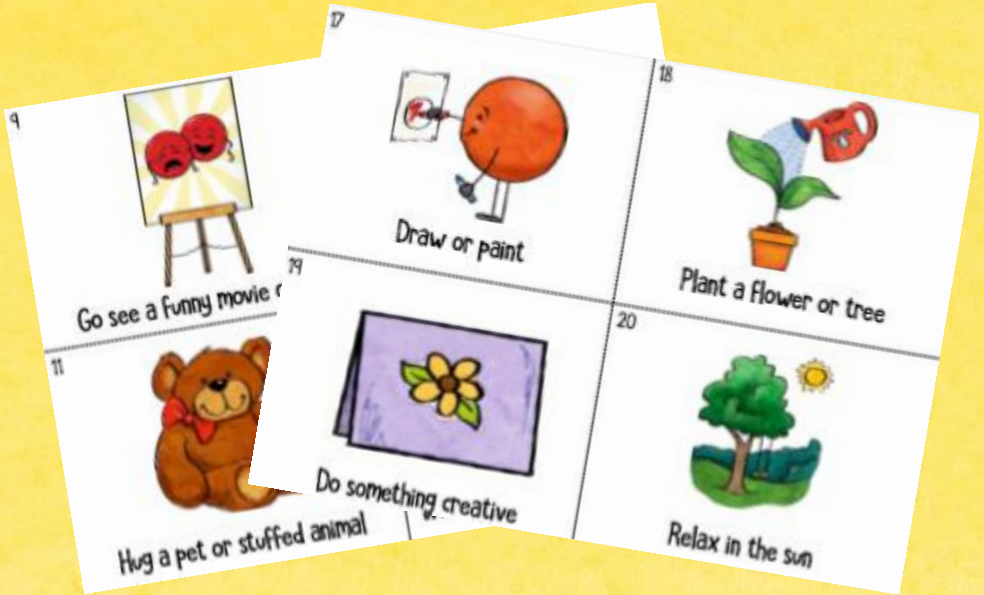
Teaching Kids about Self-Care

60 Task Cards and Self-Assessment





Self-Care Task Cards and Activity

It is important that students learn to practice self-care and as teachers and counselors, we have the opportunity to teach them this important life skill. This product will introduce students to self-care, including the 5 categories of self-care (emotional, physical, mental, spiritual, and personal. Students will then complete an assessment to get a better picture of their self-care strengths and weaknesses.

Includes:

- *All about Self-Care* introductory handout (print one for each student)
- *60 Self-care task cards* (12 activities for each of the 5 categories)-print onto cardstock (front to back) and laminate for durability. Can also be placed on a key ring for kids to take home and practice.
- *Self-care assessment*-give to each student to take home

All About Self-Care

What is it? Self-care is any activity that we do deliberately to take care of our overall emotional, mental, and physical health.

Why is it important? Self-care is key to improving our overall mood. It also helps decrease stress and anxiety.

What are the ways that we can practice self-care? Self-care can be divided up into different categories, such as emotional (heart), physical (body), mental (mind), spiritual (spirit), and personal (self). The key to a happy, well-balanced life is practicing a few self-care activities in all of the categories:

- *Emotional*-cry, laugh, practice self-compassion, socialize with friends, dance, engage in family game night, find a hobby, hug a stuffed animal, dance, wake up with a positive attitude, give yourself a present, watch a funny movie or play
- *Mental*-read a self-help book, journal, self-reflect, meditate, enjoy nature, paint or draw, plant a flower, do something creative, engage in brain breaks, think of your positive qualities, ask for help and be willing to receive it, engage your 5 senses,
- *Physical*-exercise, hug someone, get to bed early, take naps, eat healthy snacks, eat a healthy breakfast, brush your teeth at least twice a day, take a warm bath or shower, drink plenty of water, organize or clean your room, wear sunscreen, play a sport
- *Spiritual*-meditate, practice yoga, volunteer for a cause, support a cause, watch the sunrise or sunset, celebrate a religious holiday, explore the world, engage in play, listen to music, participate in a support group, plant a tree, spend time in nature
- *Personal*-set a goal, prioritize, pamper yourself, wear your favorite outfit, find time to relax, spend time alone, read a book, spend time with family, make a new friend, write a story or poem, go on a road trip, do something you enjoy

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Emotional Self-Care

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Emotional Self-Care

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1



Take time to cry

2



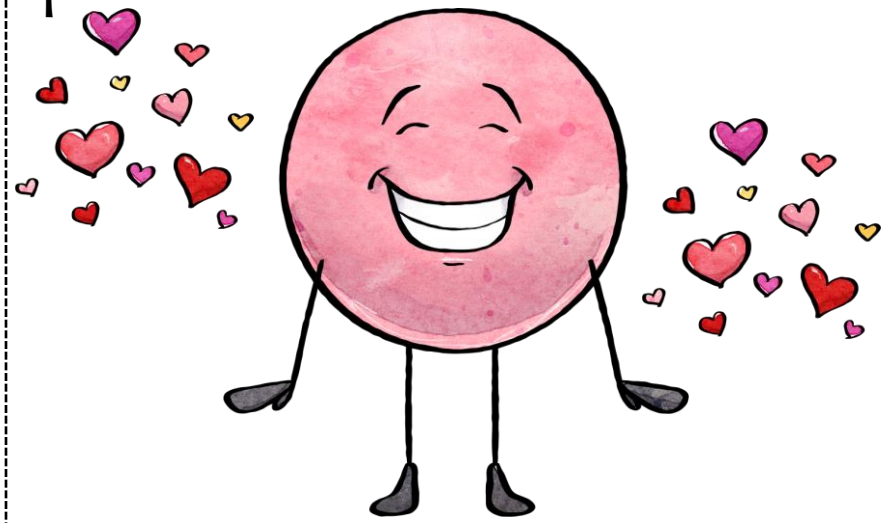
Take time to laugh

3



Write a love letter to yourself

4



Practice Self-Compassion

Emotional Self-Care

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Emotional Self-Care

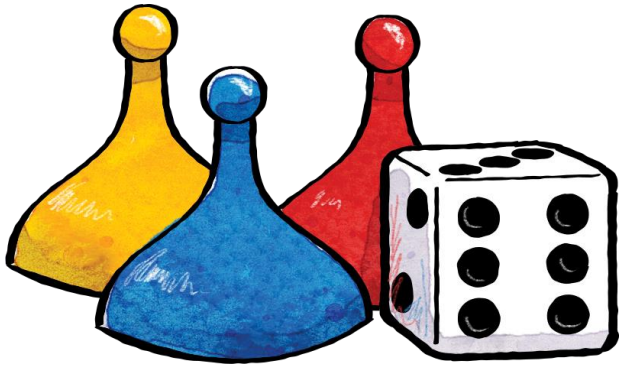
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5



Socialize with peers

6



Plan a game night with family or friends

7



Dance

8



Find a Hobby

Emotional Self-Care

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Emotional Self-Care

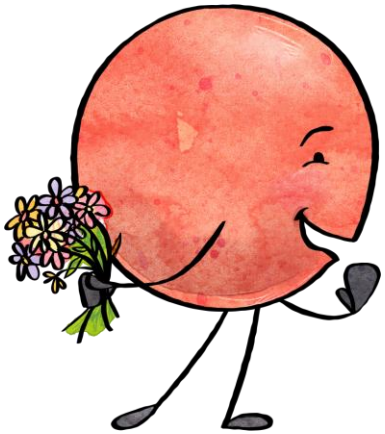
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9



Go see a funny movie or play

10



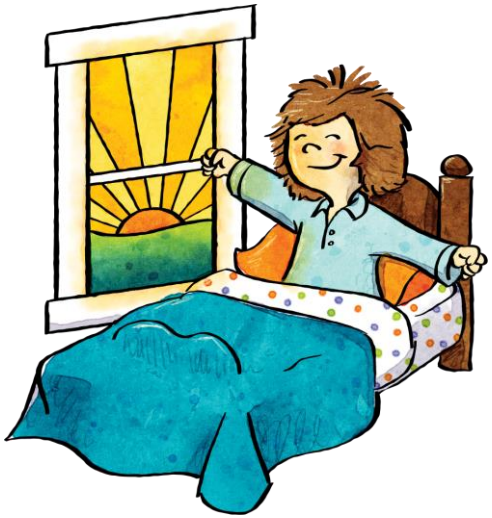
Give yourself a present

11



Hug a pet or stuffed animal

12



Wake up with a positive attitude

Mental Self-Care

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Mental Self-Care

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Mental Self-Care

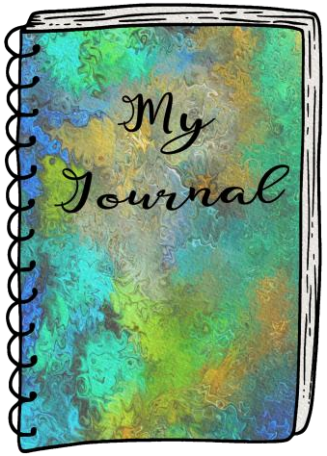
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13



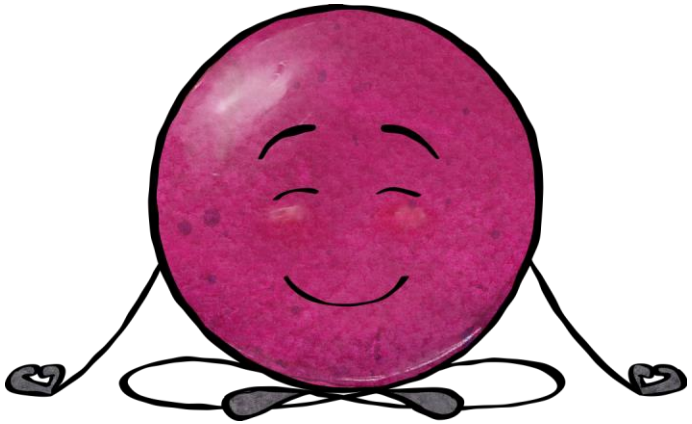
Read a self-help book

14



Write in a journal

15



Meditate

16



Self-reflection

Mental Self-Care

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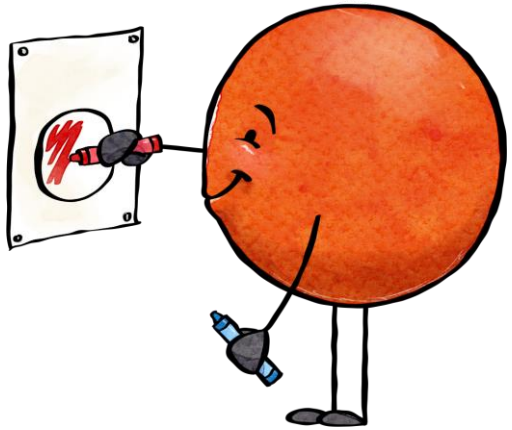
Mental Self-Care

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Mental Self-Care

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17



Draw or paint

18



Plant a flower or tree

19



Do something creative

20



Relax in the sun

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21



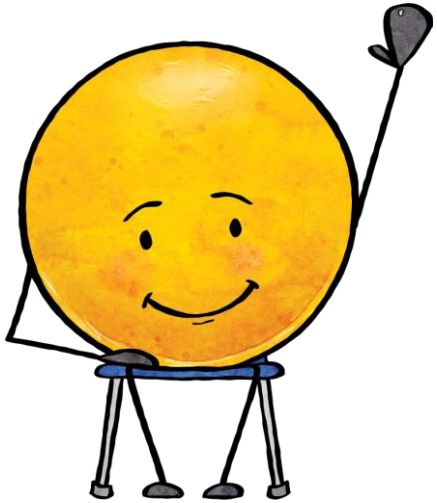
Engage your 5 senses

22



Take brain breaks

23



Ask for help or be willing to receive help

24



Think about your positive qualities

Physical Self-Care

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Physical Self-Care

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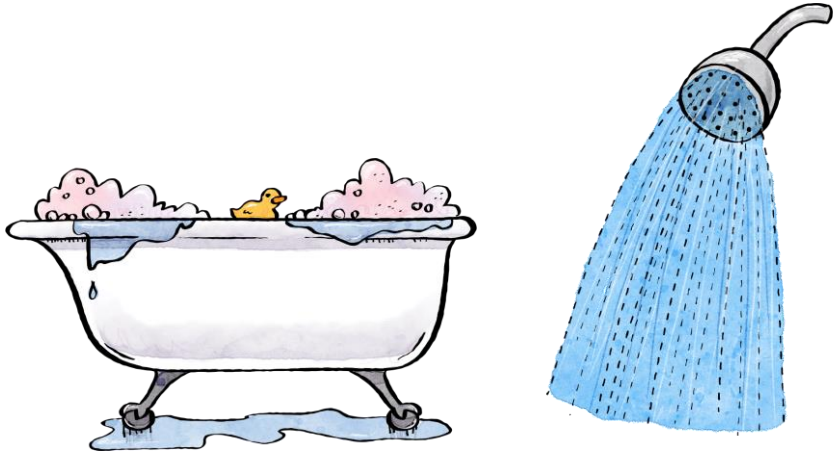
Physical Self-Care

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Physical Self-Care

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25



Take a warm, relaxing shower or bath

26



Eat a healthy breakfast

27



Play a sport

29



Get plenty of sleep

Physical Self-Care

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Physical Self-Care

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Physical Self-Care

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29



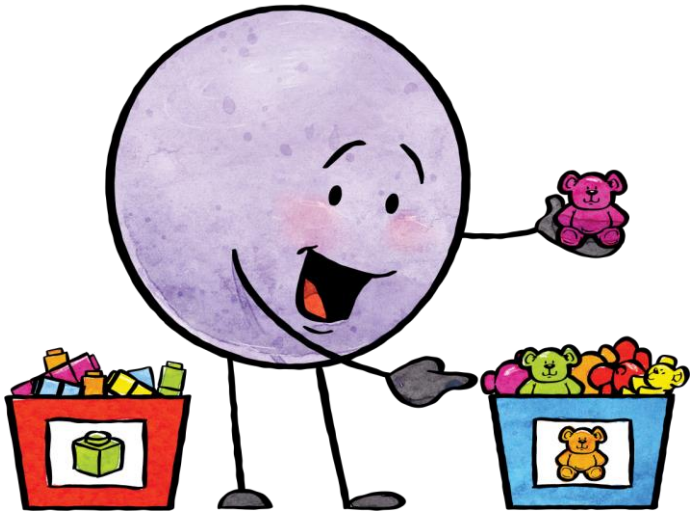
Take an afternoon nap

30



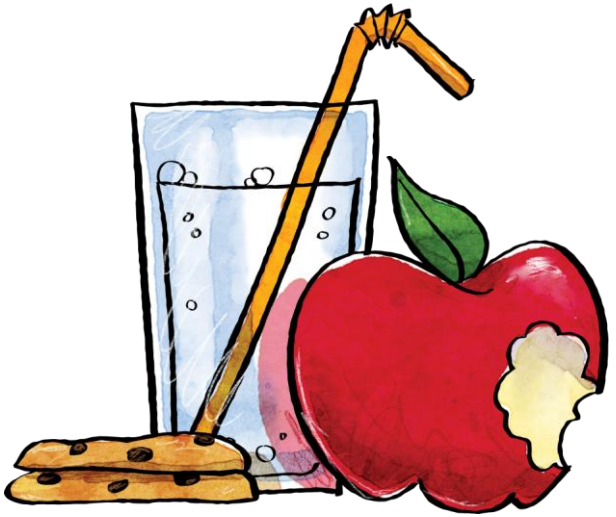
Brush your teeth at least twice a day

31



Clean or organize your room

32



Eat healthy snacks

Physical Self-Care

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Physical Self-Care

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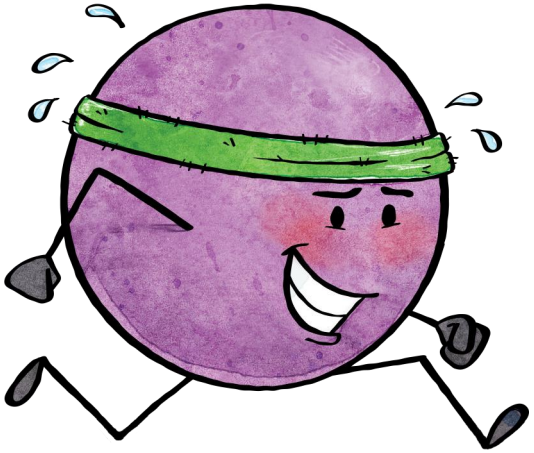
Physical Self-Care

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Physical Self-Care

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33



Go for a run

34



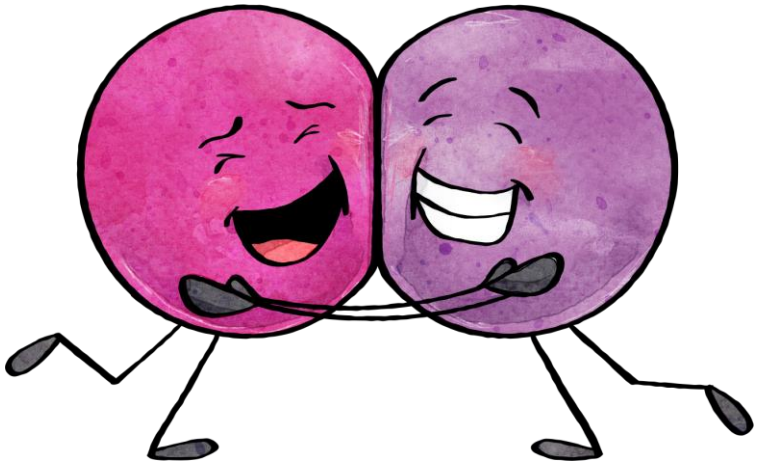
Wear sunscreen

35



Drink plenty of water

36



Give Hugs

Spiritual Self-Care

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Spiritual Self-Care

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Spiritual Self-Care

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37



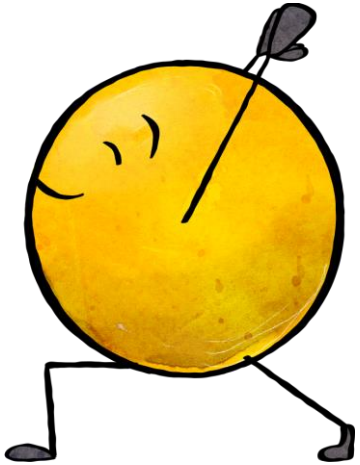
Plant a flower or tree

38



Spend time in nature

39



Practice Yoga

40



Support a cause

Spiritual Self-Care

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41





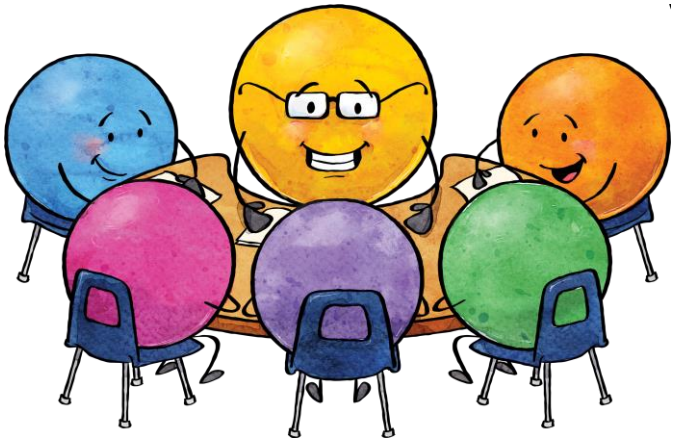
Celebrate religious holidays

42



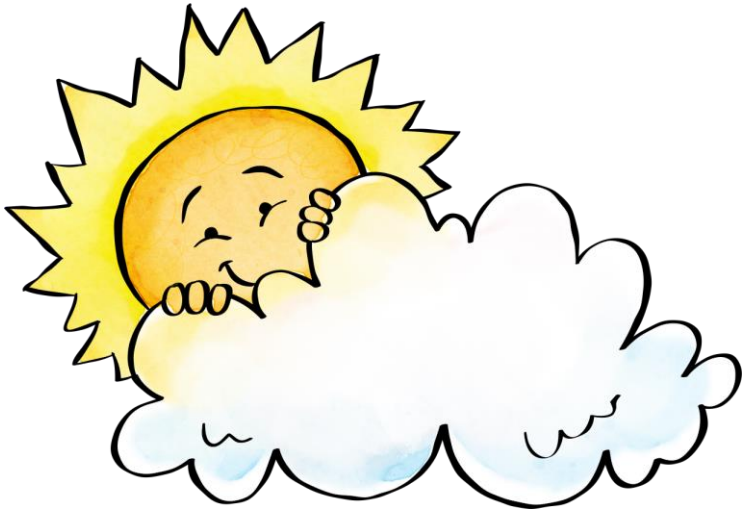
Sing or listen to music

43



Participate in a support group

44



Watch the sunrise or sunset

Spiritual Self-Care

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Spiritual Self-Care

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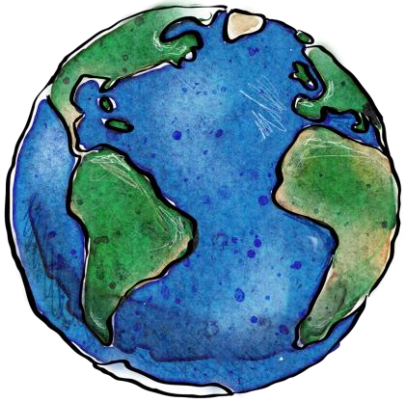
Spiritual Self-Care

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Spiritual Self-Care

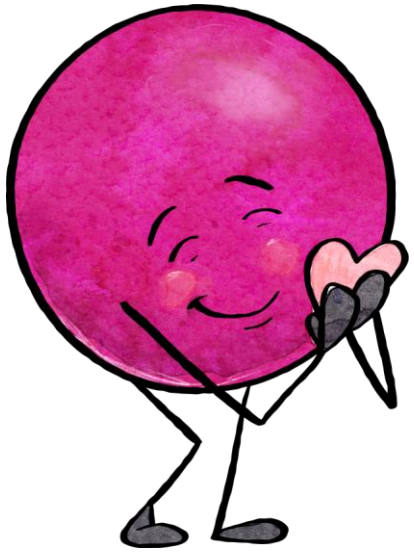
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45



Explore the world

46



Forgive yourself

47



Volunteer to help a cause

48



Engage in play



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49



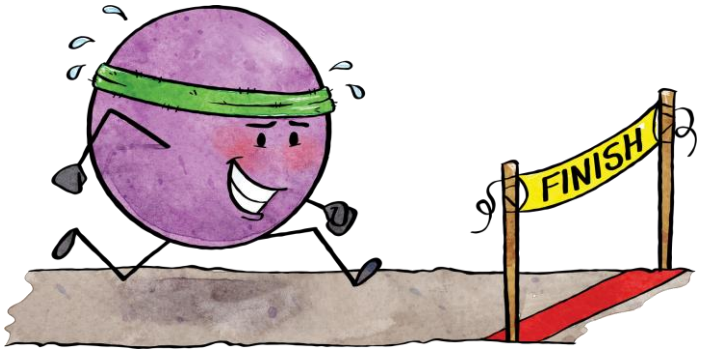
Go on road trips with friends or family

50



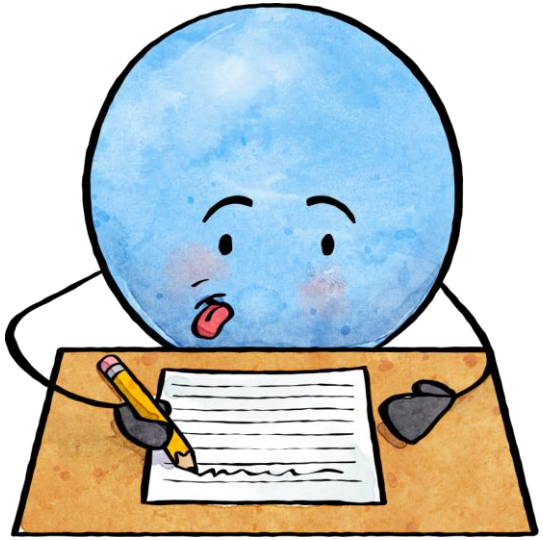
Do something you enjoy

51



Set a goal

52



Write a story or poem



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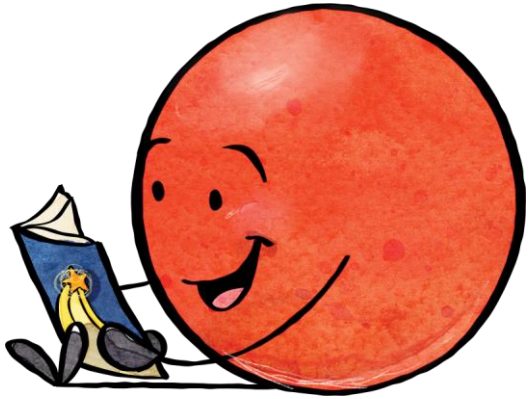


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53



Read a book

54



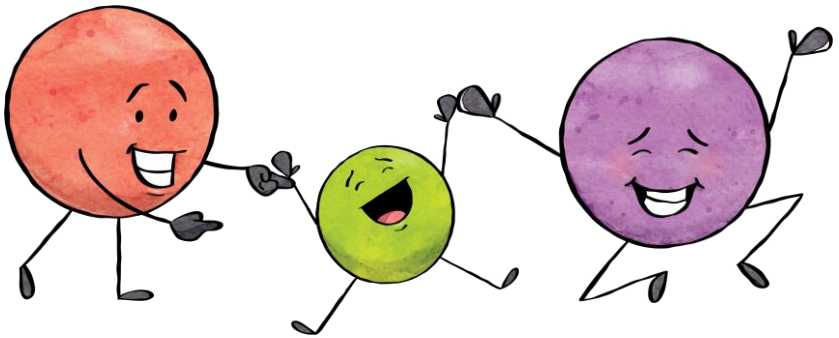
Make a new friend

55



Have alone time

56



Spend time with your family



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57



Pamper yourself

58



Find time to relax

59



Wear your favorite clothes

60



Priortize

How are you practicing self-care?

Heart	Body	Mind	Spirit	Self
1	13	25	37	49
2	14	26	38	50
3	15	27	39	51
4	16	28	40	52
5	17	29	41	53
6	18	30	42	54
7	19	31	43	55
8	20	32	44	56
9	21	33	45	57
10	22	34	46	58
11	23	35	47	59
12	24	36	48	60

Directions: Read each task card and decide if it is a self-care activity that you practice most of the time. If it is, color in the corresponding square using the same color as the task card. Total the number of colored squares in each category. When you are finished answer the questions.

1. What categories of self-care are you doing well?

2. What categories of self-care do you need to work on?

3. What are some activities that you would be willing to practice in order to improve categories of self-care?

4. What is something you learned about yourself by completing this activity?

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