

# Self-Care for Families

Level Up Health and Wellness - Health Coach Susan Tillery



## Emotional Self-Care Practices

- ✓  
 Watch a good movie together
- ✓  
 Write each other positive notes
- ✓  
 Verbalize and talk about feelings
- ✓  
 Draw self portraits
- ✓  
 Say "I love you"
- ✓  
 Spend time writing
- ✓  
 Spend time reading
- ✓  
 Have a sing along
- ✓  
 Tell jokes
- ✓  
 Try a new craft

## Physical Self-Care Practices

- ✓  
 Dance Party
- ✓

- Go for a walk
- ✓
- Family bike ride
- ✓
- Go for a hike
- ✓
- Play kickball
- ✓
- Tag
- ✓
- Roller skating
- ✓
- Go to the pool
- ✓
- Jump rope
- ✓
- Kids yoga
- ✓
- Wii Fit games
- ✓

## Spiritual

- ✓
- Create a gratitude list
- ✓
- Go outside in nature
- ✓
- Talk about forgiveness
- ✓
- Write Thank You's
- ✓
- Volunteer
- ✓
- Practice positive self talk
- ✓
- Plant a tree
- ✓

## Mental Self-Care Practices

- ✓
- Read together
- ✓
- Draw or write stories
- ✓
- Meditation
- ✓
- Find shapes in clouds
- ✓
- Practice 5-5-7 Breathing
- ✓

- Go on walk to find new things
- ✓
- Create vision boards
- ✓
- Create mandalas
- ✓
- Create mindfulness jars
- ✓
- Play mind strength games like Memory
- ✓

## Practical Self-Care Practices

- ✓
- Clean up
- ✓
- De-clutter 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 time
- ✓
- Have a set morning and nighttime routine
- ✓

## Social Self-Care Practices

- ✓
- Play in the park
- ✓
- Call or visit relatives
- ✓
- Have a family meal
- ✓
- Play boardgames
- ✓
- Host a sleepover
- ✓
- Invite friends over
- ✓
- Plan a BBQ
- ✓
- Join a team
- ✓

Plan a neighborhood food drive



Have talks about friendship and how to be a good friend



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