

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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