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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