

SELF-CARE CHECKLIST

For Kids



TODAY I WILL...

BE CREATIVE



READ



EAT HEALTHY



TAKE A BRAIN BREAK



DANCE



SOLVE A PUZZLE



SPEND TIME WITH FAMILY



EXERCISE



CUDDLE WITH A TEDDY BEAR



WRITE OR JOURNAL



TAKE A NAP



WATCH A FUNNY MOVIE



BE KIND



Make it a habit to take care of yourself!