

Self Care for Your Family

Emotional

- Write little notes to each other
- Talk about feelings
- Watch a movie
- Try a new craft
- Play a game
- Snuggle and watch a movie
- Respond rather than react
- Sing songs with each other

Mental

- Read stories
- Memory games
- Practice belly breathing
- Kids meditation
- Make mandalas
- Make a vision board
- Be present, fully
- Go on a walk and explore new things
- Make mindfulness jars

Physical

- Take a family bike ride
- go on a walk
- Play tag
- Go roller skating
- Play Xbox Kinect or the Wii
- Go swimming
- Do kids yoga
- Jumprope
- Take a family hike
- Have a dance party

Practical

- Have a morning and night routine
- Declutter the kids' old toys
- Make a shopping list together
- Learn about money
- Make a weekly cleaning schedule
- Do homework/study
- Learn something new
- 30 seconds of attention

Social

- Call or visit relatives
- Have dinner together as a family
- Plan a BBQ or picnic
- Talk about how to be a good friend
- Play boardgames
- Join a sport team or club
- Plan a block party or neighborhood event
- Have a sleepover

Spiritual

- Write a gratitude list
- Go outside
- Plant a tree
- Spend time outside in nature
- Write thank you notes
- Volunteer
- Talk about forgiveness
- Talk about kindness
- Write a positive note to a friend in need