

My Self-Care Activity



Cut out, or write out the suggestions below, and fold the pieces of paper in half. Put the pieces of paper in a jar and have your child take one out at random when they have had a stressful day. Do whatever activity they pull out to practice self-care and reduce stress.

Cook together.	Watch a YouTube video that makes you smile.	Take a walk.
Journal.	Dance.	Meditate.
Color a picture.	Listen to music.	Have a family board game night.
Text a friend.	Watch a fun movie.	Play with your favorite toy.

ON OUR SLEEVES[®]

The Movement for Children's Mental Health



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