Self-Care Activities

Which of these will I do today?

3rd-5th grade

**Spiritual Self-Care:**
Do something kind for a family member, neighbor, or friend.

**Personal Self-Care:**
Play a sport or do a craft.

**Social Self-Care:**
Spend time with a family member or friend.

**Emotional Self-Care:**
Talk to a family member or friend about how you feel today.

**Physical Self-Care:**
Take time to stretch or play outside.

**Spiritual Self-Care:**
Do something kind for a family member, neighbor, or friend.