

101 Self-Care Activities For Kids And Teens

Cook A Good Meal

Snuggle up in a warm blanket

Shower or take a bath

Craft Something

Take a Nap

Get some fresh air

Drink a glass of water

Swim

Eat Healthy Food

Research a subject of interest

Follow daily routines

Laugh

Use positive self-talk to challenge negative thoughts

Garden

Spend Time In Nature

Watch Inspirational Movies

Save your money

Problem solve

Eat three meals each day

Read a Good Book

Make a gratitude list

Complete a daily to-do List

Draw or paint

Watch a favorite show

Join a club /sport

Rest

Spend Time With a Friend

Pray

Read Inspirational Quotes

Listen to an Audiobook

Move Your Body

Learn New Things

Star gazer

Practice SELF-COMPASSION

Play brain games

Be kind to yourself and others

Focus on what you can control, let go of what you can't

Stretch

Take alone time when you need it

Share Your Feelings with someone

Set and work toward goals

Focus on strengths and improve your weaknesses

Use positive coping skills

Unplug From electronics

Go to the park

Practice Self-love

Exercise

Get good sleep

Mindfulness

Play With A Pet

Listen to uplifting music

Say positive self-care affirmations such as:

- I can be kind to myself
- I accept and love myself
- I respect myself and others
- I let go of what I cannot change
- I forgive myself for my mistakes
- I strive to get better, not perfect
- I learn from mistakes and failures
- I can do anything I put my mind to
- It's okay to ask for help when I need it
- One bad day does not make me a bad person
- Every day in every way, I am getting better and better

Help others or volunteer

Brush Your Teeth

Spend time with positive people

Take time to relax

Do Something Nice For Someone

Practice Optimism

Go for a walk

Use grounding techniques

Encourage yourself

Go on a bike ride

Go out in the sun

Meditate

Lie outside & look for shapes in the clouds

Discover your passions

Practice stress management techniques

Spend time with your family

Do something fun

Practice good hygiene

Write notes to people you love

Be active

Do a puzzle

Deep Belly Breathing

Run around outside

Maintain a positive attitude

Journal your thoughts /feelings

SMILE

Dance

Clean or organize your room/backpack

Play a game with friends

Forgive yourself and others

Write out your values

Call a friend or family member

Listen to instrumental music

Make your bed

Do a hobby

Drink tea or hot chocolate