



Self-Care Ideas: Family Style

- THE CONNECTED SEASON -

PHYSICAL

Go for a walk
Take a nap
Go swimming
Have a dance party
Go for a bike ride
Eat fruits and vegetables
Put the screens away, get
outside & move bodies
Do Yoga
Play outdoor games in the
backyard or at a park
Exercise together
Build an obstacle course

EMOTIONAL

Watch "Inside Out"
Acknowledge and talk
about emotions
Practice taking a break or
taking some breaths
Journal
Write letters or create a
time capsule
Practice patience
Make of poster of
positive affirmation
Do imaginative play
Make visions boards
(individual or family)
Draw, paint, or do a craft

INTELLECTUAL

Draw/write stories or play
"Story Cubes"
Read a book together
Learn about entrepreneurship
and money management
Find characters in the clouds
Play a card or board game
Be curious together and learn
something new
Do a puzzle
Learn basic phrases in
another language
Build something together

SPIRITUAL

Read/act out scriptures
Go on a hike or nature walk
Do a kid-friendly meditation
Talk about who needs our
prayers & pray together
Watch scripture story videos
Have quiet time to journal
Create a gratitude jar/wall

PRACTICAL

Keep to a morning and
evening routine
De-clutter and donate items
Plant and care for a garden
Plan & eat healthy meals
Simplify

SOCIAL/RELATIONAL

Facetime family or friends
Cheer each other on
Plan a donation drive
Host a neighborhood BBQ
Use conversation starter
cards at dinnertime
Make cookies & thank you
cards for neighbors/friends
Have a bake-off or cooking
competition
Write letters to future selves
Do random acts of kindness
Go on a photo scavenger hunt
Create a family motto or crest
Have one-on-one or
special time
Tell stories about when kids
were younger
Look through scrapbooks
Ask "Would you rather"
questions
Write letter to each other

OTHER: LAUGH TOGETHER

Play mad-libs
Take silly pictures
Make playdough sculptures
Put on a play or puppet show
Tell jokes
Play Minute to Win It games
Watch funny YouTube videos