



SELF-CARE IDEAS



Grow plants



Drink water



Listen to music



Bake cookies



Take a bath/shower



Walk the dog



Read a book



Yoga/Stretching



Get at least 8 hours of sleep



Exercise



Blow Bubbles



Draw



Go for a nature walk



Technology free time



Call a loved one



Try a new hobby



Let yourself cry



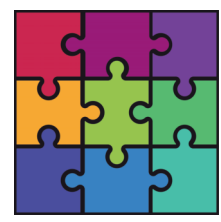
Play board games



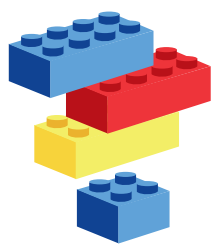
Make some crafts



Dance



Build a puzzle



Build something



Clean your room



Hug someone



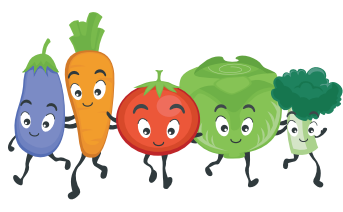
Go to your favorite spot



Make a to-do list



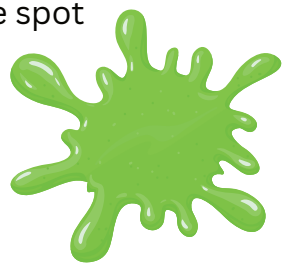
Play outside



Eat more fruits and vegetables



Journaling



Make slime or play doh



Play with a pet



Think about a good memory