

Self Care Plan - Mrs. Caron's example and ideas



Ideas for activities:

Mental Health Activity Ideas	Physical Health Activity Ideas	Emotional Health Activity Ideas
<ul style="list-style-type: none"> • Research (future careers, interesting topics) • Read (articles, books) • Listen to audio books • Listen to podcasts • Participate in class or family discussions • Investigate colleges or apprenticeships • Engage in independent study • Identify & solve a local problem or challenge • Board games, puzzles, card games • Create with Legos, Knex or materials • Sew, knit, craft • Read to younger siblings or help with school • Create music or write songs/poems • Creative writing • Watch documentaries or educational videos 	<ul style="list-style-type: none"> • Walk • Jog • Ride bikes, skateboards or scooters • Jump rope • Hopscotch (yes, hopscotch!) • Participate in workout video • Follow home workout app • Yoga / stretching regularly • Hacky Sack • Daily sit-ups and push-ups • Walk the dogs • Cleaning or organizing • Home projects • Drink enough water (track water intake) • Be intentional with food intake 	<ul style="list-style-type: none"> • Mindfulness activities • Meditation • Pray or positive thinking • Positive affirmations • Journaling or creative writing • Connect with family members or friends • Intentional questions and talking during family meals • Coloring or painting • Create daily routines or schedules • Build in intentional relaxation time/breaks • Cook meals for family members • Deep breathing practices • Create manageable goals • Set bedtime and wake-up times

