

SIMPLE SELF-CARE

FOR KIDS



Establishing healthy self-care activities for kids doesn't have to be complicated. It can be fun!

1

DRINK MORE WATER

Just like plants, kids need sunshine and water. Empowering kids to stay hydrated is a habit that can last a lifetime. Have water around that your kids can reach at any time and show them how to refill their cup or water bottle themselves.

2

COLOR IT OUT

Set aside 10 minutes to just color or draw, which can help your kids process their day and their emotions. Try giving them prompts at the beginning or ask them to describe what they colored at the end.

5

TAKE BREAKS

"Do you need a break?" "Let's take a break!" These are magical phrases. Taking a break when they start to feel tired or overwhelmed will help your kids learn that rest is important for not just their bodies, but their minds and emotions.

4

WIGGLE WIGGLE WIGGLE

Sometimes it just feels good to move. Get in the habit of taking a one-minute dance break, doing some jumping jacks, or seeing who can move in the silliest way possible.

3

RESET

Even the most extroverted kids need a break to be on their own. This could be time with books, a 10-minute coloring break, or walking a few laps around the house to reset their brains and bodies.

6

HAVE A SNACK

Nourishing our bodies and making sure we have the fuel we need to get through the day is a vital part of self-care for kids. If your kids are feeling a little "hangry," encourage them to recognize and name this sensation, then suggest a nutritious nibble.

7

ADD BUBBLES

Just like it is for adults, taking a bath is a great way for kids to rest and engage in self-care. Add bubbles or extra toys for even more enjoyment.

8

LAST BUT NOT LEAST, NEVER UNDERESTIMATE THE POWER OF YOUR BREATH.

Regular deep belly breathing - in through the nose and out through the mouth - is a healthy habit that supports self-regulation, mindfulness, and resilience in all that life brings!

