

Self-Care Activities

Print off this sheet, cut out each activity and put them into a bowl, jar, cup, hat, anything you like. When you have some spare time for self-care pick out of piece of paper at random.

Social media break	Write a To-Do list	Do something creative	Make your bed	Read a book	Make plans
Do some stretches	Make a hot drink	Go out into nature	Cook a meal	Meditate	Play with a pet
Gardening	Exercise	Listen to music	Drink a glass of water	Take a shower	Write down your goals
Call a friend	Watch a movie	Write in a journal	Breathing exercise	Go for a walk	Yoga
Take a bath	Light a candle... or two	Do some baking	Declutter your space	Take a nap	Do a face mask