



Self-Care Ideas for Family

BODY

GO FOR A WALK, BIKE RIDE
OR OUTDOOR PLAY AREA
TOGETHER AND GET
PHYSICAL!

CLEAN UP AND
DECLUTTER THE HOUSE
TOGETHER

VOLUNTEER OR GIVE BACK
TO THE COMMUNITY AS A
FAMILY ACTIVITY!

MIND

WATCH A MOVIE OR READ A
BOOK TOGETHER WITH
DISCUSSION AT THE END!

KARAOKE NIGHT HELPS
WITH OPENING UP
EMOTIONS

PLAY THE GAME OF
GIVING COMPLIMENTS
TO EACH OTHER

SPIRIT

CREATE A GRATITUDE
LIST TOGETHER

YOGA, MEDITATION AND
DISCUSSION AS A
FAMILY UNIT

WRITE THANK YOU NOTES
AND CORRESPONDENCE
AS A FAMILY