



# Self-Care Activities for Kids

## Physical

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Take a Walk  
Have a Dance Party  
Go for a Swim  
Play at the Park  
Go for a Bike Ride  
Play Outdoor Games  
Make Healthy Snacks  
Do a Fun Workout

## Mental

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Do Yoga  
Write in a Journal  
Read a Book  
Color Your Feelings  
Watch the Clouds  
Put on Headphones  
Make a Vision Board  
Just Talk

## Tips

Join your child in self-care activities if they ask.  
Encourage time for self-care each week.  
Download the GoNoodle App for yoga,  
dancing, and workouts for kids!