Self-Care Activities for Kids

**Physical**
- 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**
- 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!

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