

Family Resource

Self-Care Calendar



ages: 5+



one month

Skills Practiced

Confidence, gratitude, and self-awareness.

The Why

By taking action in small, kind ways, children practice caring for themselves. They might need to step out of their comfort zone if they are not used to incorporating self-care into their routine.

The How

Each participant gets a copy of the calendar. You do not have to start on the first of the month; just choose a start day then complete each day in order and check off the boxes as you complete each activity. Importantly, it's okay to miss some days! On the last day, tally up the activities everyone collectively completed and celebrate how you cared for yourself!

Take it Further

Ask these questions while completing the Self-Care Calendar to further your experience:

- What is your biggest takeaway from this activity?
- Would you participate again? Why or why not?
- How were you able to care for yourself?
- How did caring for yourself make you feel?
- Will you continue these actions? Why or why not?



Self-Care Calendar



1 Go for a walk	2 Meditate for 15 minutes	3 Pick flowers	4 Take a break from social media	5 Get a good sleep	6 Treat yourself to a DIY spa day	7 Donate old clothes	8 Spend the night with family
9 Color or paint a picture	10 Go for a hike	11 Connect with an old friend	12 Plan an activity to look forward to	13 Journal how you are feeling	14 Nourish your body with healthy food	15 Write one thing you appreciate	16 Make a new friend
17 Explore somewhere you've never been	18 Try a new restaurant or cafe	19 Give yourself a compliment	20 Stretch your body	21 Write a poem or story	22 Listen to music	23 Take five deep breaths	24 Reflect on how this activity went