

50 SELF-CARE ACTIVITIES TO DO WITH KIDS

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1. Have a dance party
2. Play a game
3. Unplug & read a book
4. Exercise
5. Go for a bike ride
6. Go for a walk or a hike
7. Cuddle up & watch a movie
8. Paint your nails
9. Diffuse essential oils
10. Draw, paint, or craft
11. Journal
12. Write a collaborative story
13. Bake or cook a meal
14. Order take out or go out for supper
15. Drink warm beverages
16. Do some Mad Libs
17. Just play!
18. Watch music videos on YouTube
19. Go swimming
20. Go to the library & pick out books
21. Tell jokes
22. Meditate
23. Do yoga
24. Blow bubbles
25. Garden
26. Go on a picnic
27. Swing at the park
28. Go out for ice cream
29. Give each other massages
30. Call or FaceTime with family or friends
31. Watch funny videos on YouTube
32. Listen to music
33. Take a nap
34. Learn something new
35. Listen to an audiobook
36. Write poetry
37. Skip rocks on a pond
38. Make an inspiration collage
39. Go fishing
40. Go berry picking
41. Explore a new museum, park, or area of town/city
42. Scrapbook
43. Take silly pictures
44. Write things you like about yourself & your child & have them do the same
45. Plan a trip to somewhere you've never been before
46. Do a puzzle
47. Brush and/or braid each other's hair
48. Lay in a hammock & cuddle, read, or talk
49. Build a fort & play a game or read inside it
50. Go to a pet store & watch the fish swim around