



PURPOSE //////////////////////////////////////

- To reflect on your favorite ways to take care of yourself
- To have a ready-to-go list of self-care activities that are varied in how long they take to do

INSTRUCTIONS //////////////////////////////////////

Materials

- Blank self-care menu template OR Blank construction paper
- List of self-care ideas
- Pens, markers, or pencils

Assembly

1. Printed self-care menu
2. Optional: Printed list of self-care ideas

Application

- As a family, make a list of your favorite self-care activities, or look at our list and star your favorites
- Sort activities:
 - Starters = activities that take 15 min or less
 - Entrees = activities that help you recharge, take 30 min - 1 hour
 - Desserts = activities that are a treat, any amount of time

Let us know how the activity goes!
We'd love to hear from you or receive pictures or tag us on social media:



SELF-CARE MENU

STARTERS

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MAINS

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DESSERTS

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SELF-CARE MENU

STARTERS

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MAINS

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DESSERTS

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★ SELF-CARE ★

MENU

for good mental health



MAINS

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STARTERS

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DESSERTS

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SELF-CARE MENU



STARTERS

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DESSERTS

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MAINS

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**EVERYONE
DESERVES GOOD
MENTAL HEALTH**



Self-Care Activity Ideas

- Buy a speciality drink for the family (hot chocolate, lemonade, latte)
- Listen to your favorite music together
- Dance to your favorite music
- Have a spa night (face masks, paint nails, etc)
- Watch a funny video on YouTube or TikTok
- Call or facetime a long-distance family member
- Cook your favorite meal together
- Journal
- Draw, paint, or be creative
- Go on a walk (Color Walk, Nature Scavenger hunt)
- Try a short exercise video on YouTube (yoga or cardio)
- Write a list of what you're grateful for
- Watch the sunrise or sunset
- Snuggle up in a blanket
- Watch a movie
- Try a 5 minute meditation
- Buy flowers or a new plant
- Blow bubbles and breathe mindfully
- Try a Guided Imagery exercise
- Tell someone else 5 things you love/admire about them
- Light a candle, diffuse essential oils, light incense
- Explore a museum, zoo, or art gallery
- Say some words of affirmation
- Try a crossword or sudoku puzzle
- Watch an episode or two of your favorite show
- Play a board game or video game
- Make a blanket fort
- Bake a dessert
- Stargaze or cloud watch
- Try a grounding technique
- Stretch
- Make a playlist of your favorite songs
- Read a book you like
- Snuggle or play with your pet
- Do a random act of kindness
- Go outside
- Take a digital detox (no screens)
- Take a nap
- Hug someone you love
- Smile at yourself in the mirror
- Mindfully eat a snack or sweet treat
- Anything else that you've tried this month or that makes you feel good!

