

50 WAYS TO TAKE CARE OF YOURSELF

Ideas for kids...and parents

1. Rest when you're tired.
2. Cry when you're sad.
3. Learn when to say NO.
4. Play with your favorite toys.
5. Ride a merry-go-round.
6. Eat healthy food.
7. Go for a walk with someone you love.
8. Brush your teeth.
9. Play with your best friends.
10. Hug a stuffed animal.
11. Say nice things to yourself.
12. Learn how to talk about your feelings.
13. Take a bath.
14. Be angry when you need to be.
15. Listen to the birds.
16. Read a book.
17. Color.
18. Laugh.
19. Eat when you're hungry. Stop when you're full.
20. Talk to someone who really understands.
21. Make a new friend.
22. Exercise.
23. Listen to the rain.
24. Be honest with yourself and others.
25. Ask for help when you need it.
26. Play in water.
27. Wear your favorite clothes.
28. Look at the stars.
29. Plant something.
30. Pick some flowers for yourself.
31. Learn to listen to your body.
32. Get your back rubbed.
33. Write on your sidewalk with chalk.
34. Play make-believe.
35. Do something nice for someone else.
36. Listen to music.
37. Paint a picture.
38. Make a tent.
39. Learn about something new.
40. Turn off the television.
41. Listen to the silence inside of you.
42. Take a nap.
43. Get a hug.
44. Spend some time with someone who lets you be yourself.
45. Wrap yourself in a blanket.
46. Help someone who needs help.
47. Blow bubbles.
48. Sing a song.
49. Give yourself a big hug.
50. CELEBRATE YOU!!!

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