

mindfulness

SELF CARE ACTIVITIES



MY SELF-CARE PLAN
Choose strategies from the menu

Physical	Emotional
	Social

SELF-CARE MENU

<p>Physical</p> <ul style="list-style-type: none"> Get enough sleep Play outside Dance Go for a walk Ride bike Do yoga Go swimming Clean your room Draw with sidewalk chalk Build a fort Go on a scavenger hunt 	<p>Emotional</p> <ul style="list-style-type: none"> Watch a movie Play a game Sit outside Make a card for someone Sing Journal Take a nap
<p>Mental</p> <ul style="list-style-type: none"> Read a book Draw or paint Do a puzzle Play with your toys Listen to music Watch the clouds Blow bubbles 	<p>Social</p> <ul style="list-style-type: none"> Make something for someone Volunteer Visit a park Give compliments Help your siblings Call your friends Play outside Take picture with friends Donate to a charity Do something nice for your family Visit a museum



GRADES 1ST THRU 5TH

Instructions for Use

Please print using standard 8.5x11 paper

Showcase the importance of mindfulness and self-care with these fun craftivities centered on loving and looking after ourselves! Your students will have a great time learning simple strategies to help ground, calm, appreciate and love themselves.

The resource includes writing craft and a Self-Care Jar flipbook, along with a self-care menu of strategies.

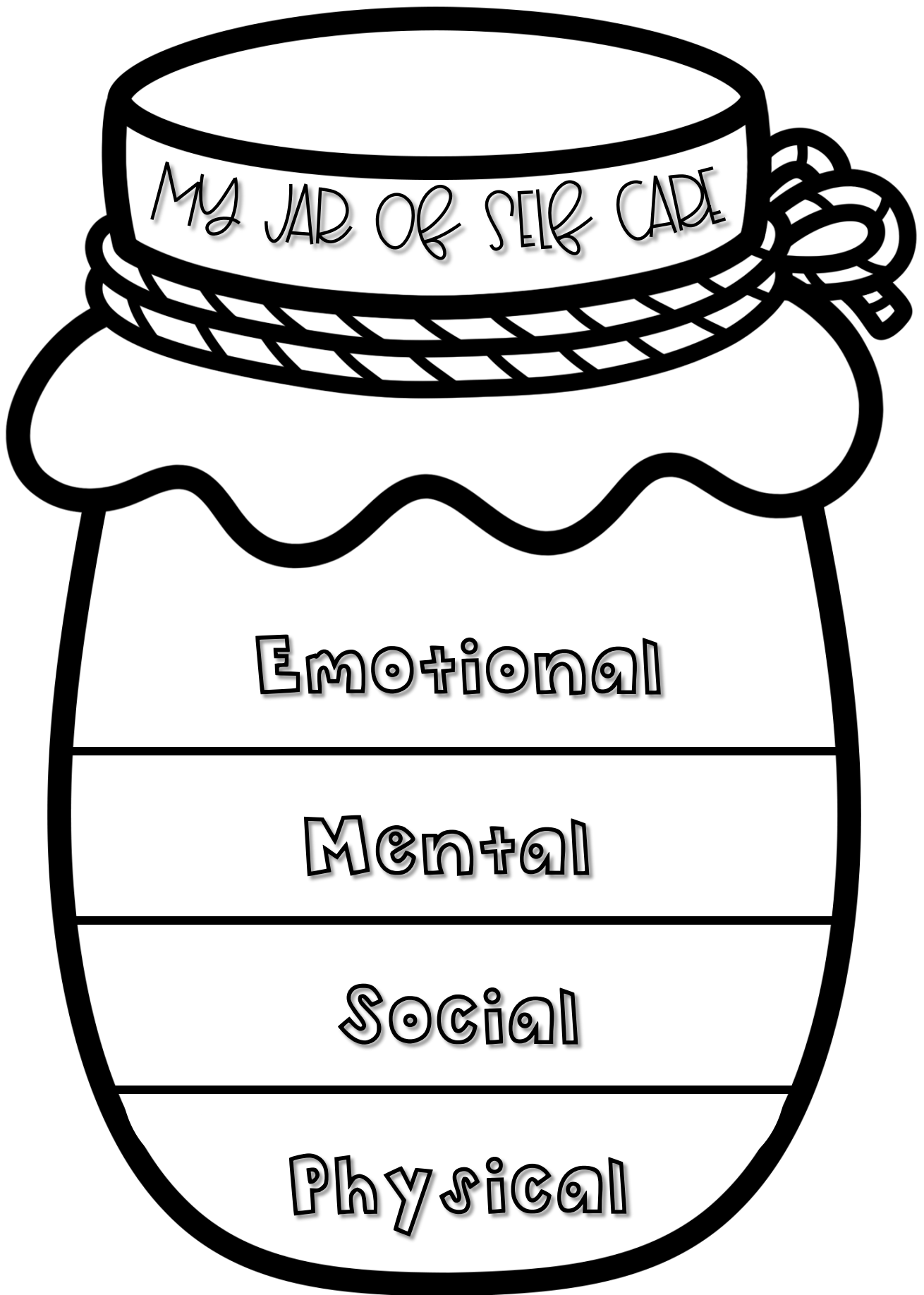
These crafts make beautiful displays for a calm down station or mindfulness corner!

Please share your pictures on Insta and tag
[@socializing.with.sprouts](https://www.instagram.com/socializing.with.sprouts)

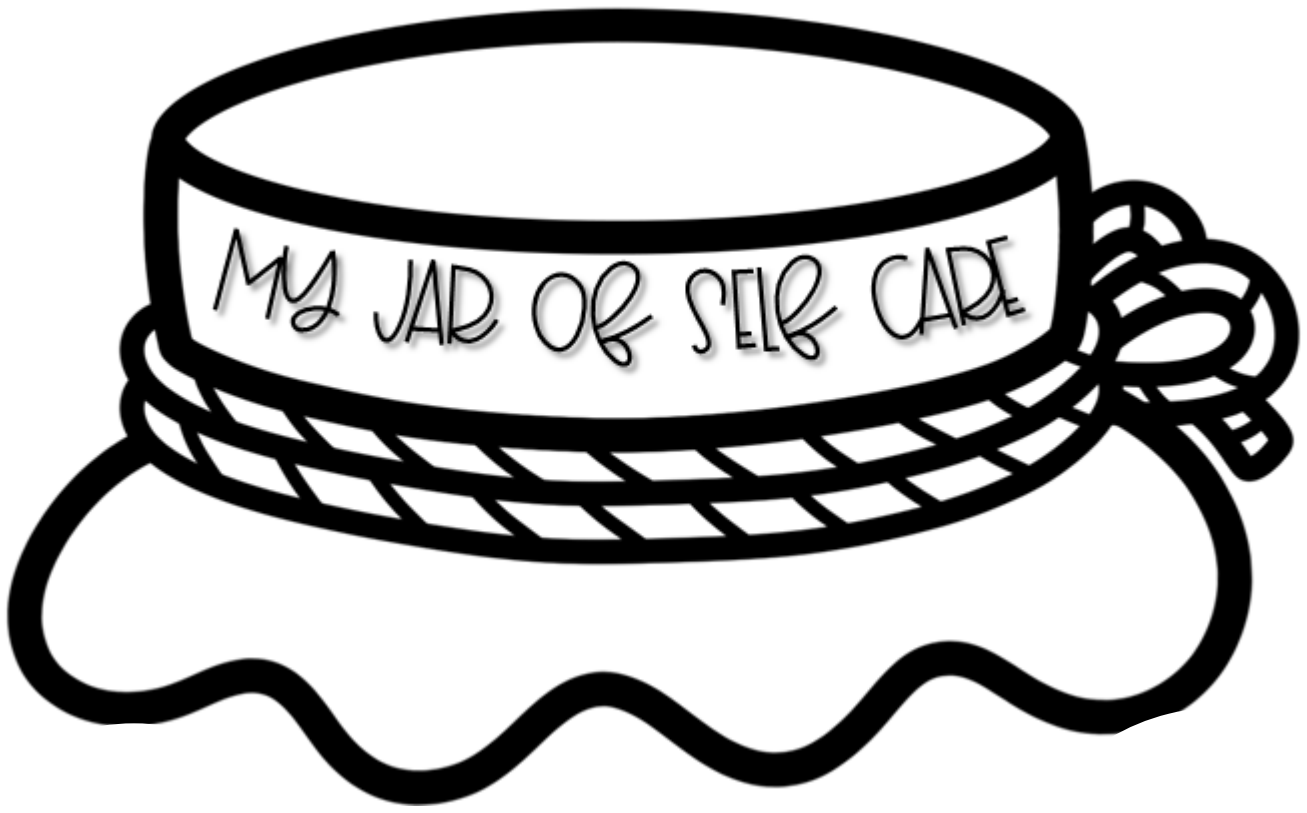
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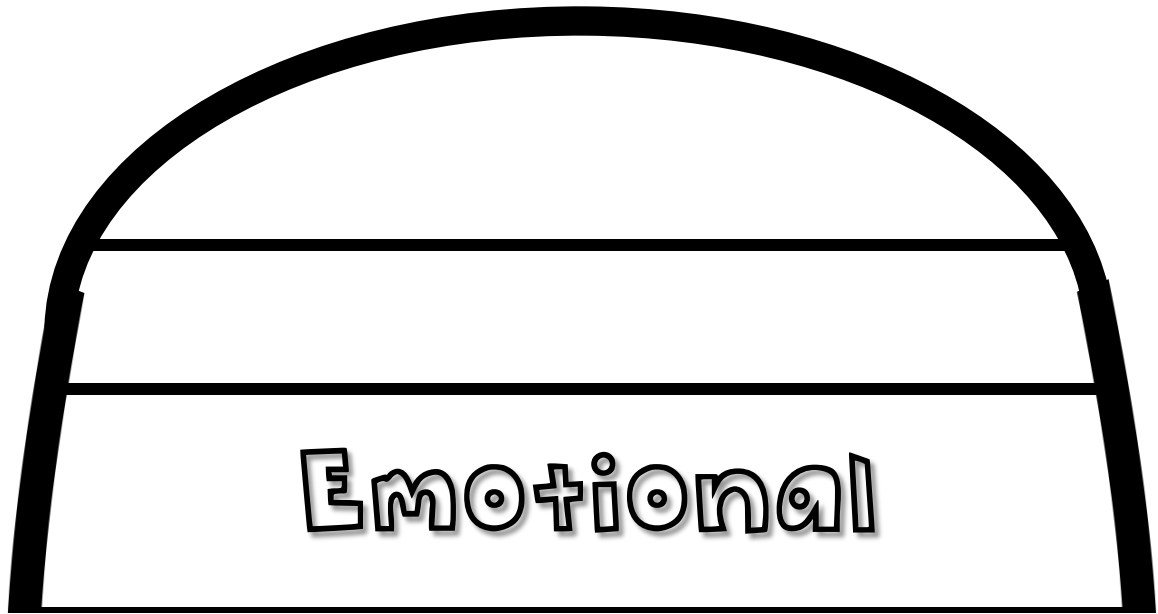
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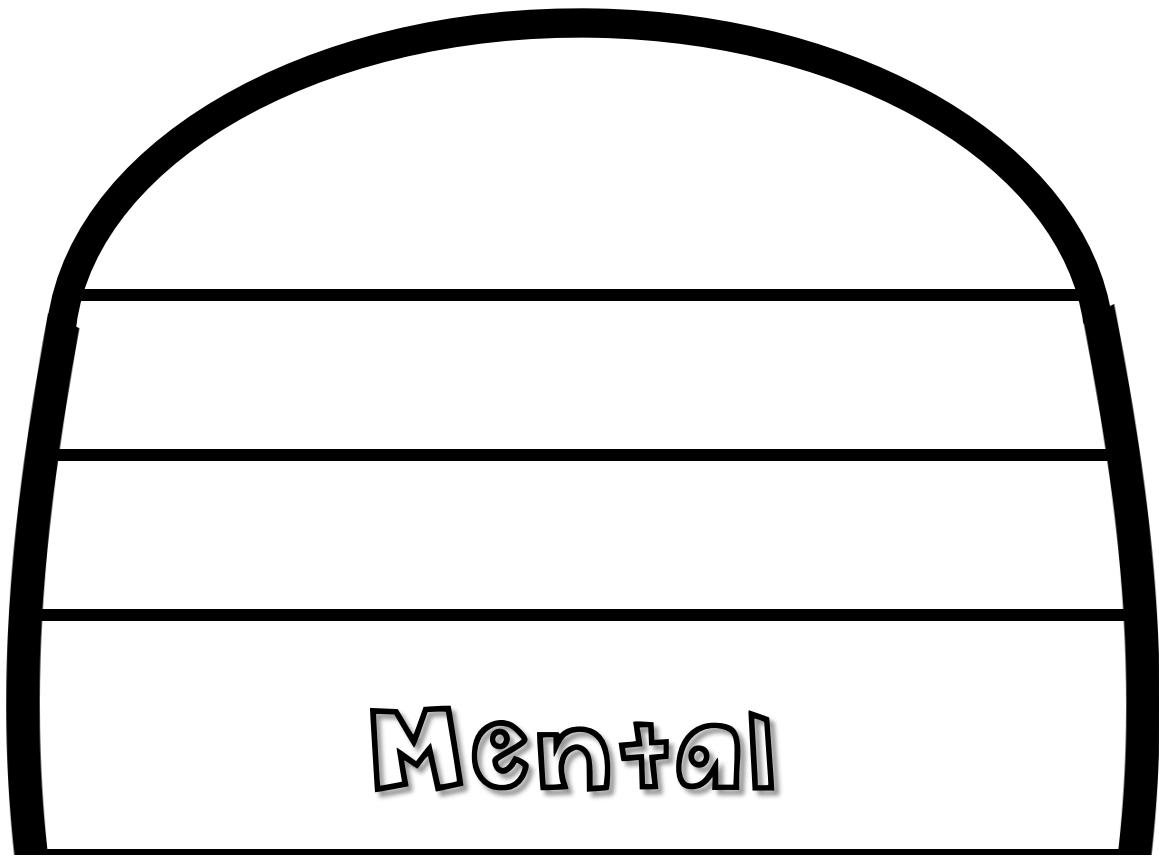


Completed Jar Sample

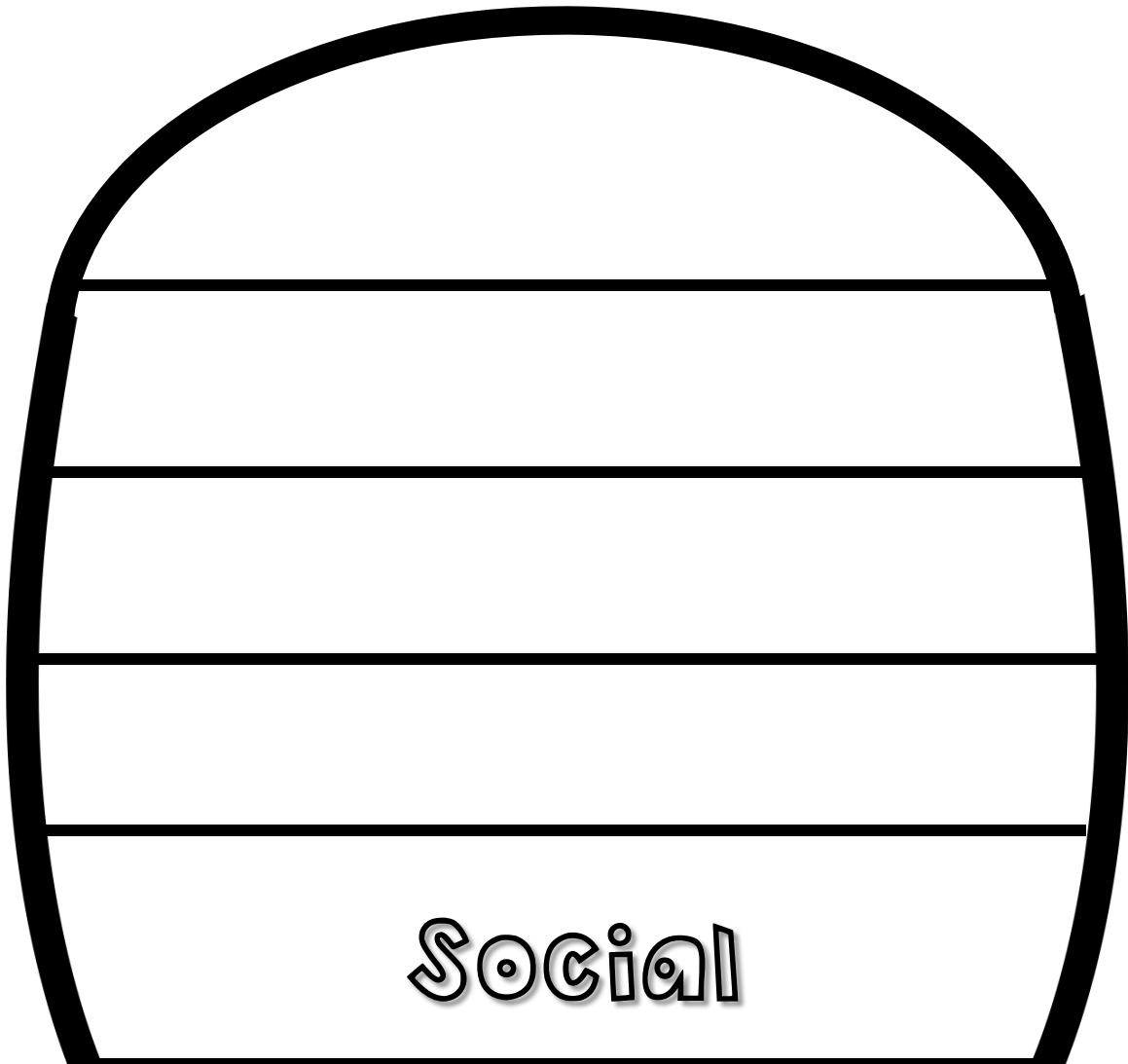




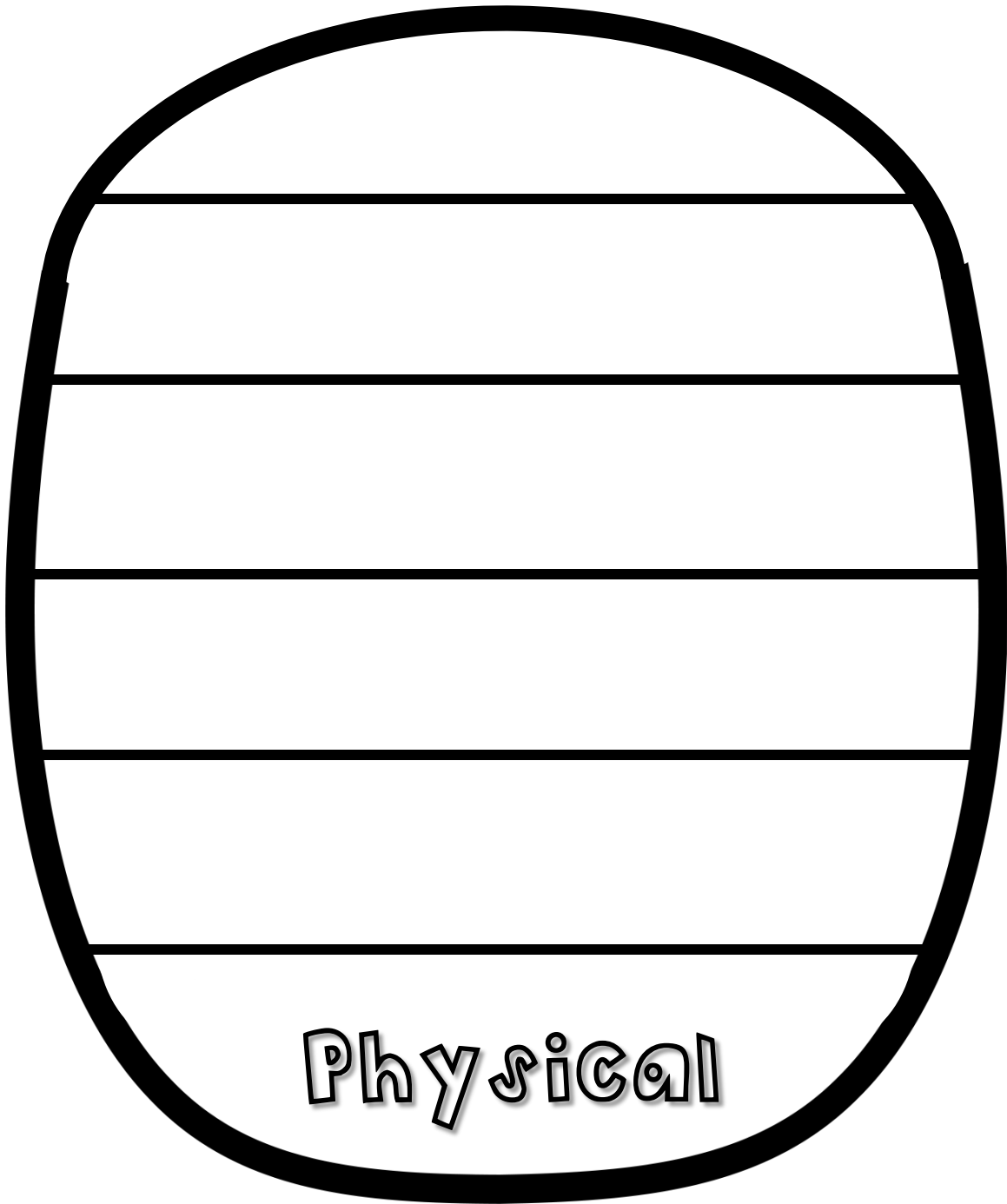
Emotional



Mental



Social



Physical



MY JAR OF SELF LOVE

Recipe

- 1 dash of _____
- 2 cups of _____
- 3 tsp of _____
- 4 oz of _____
- 5 tbsp of _____

Mix it all together with a
sprinkle of kindness!

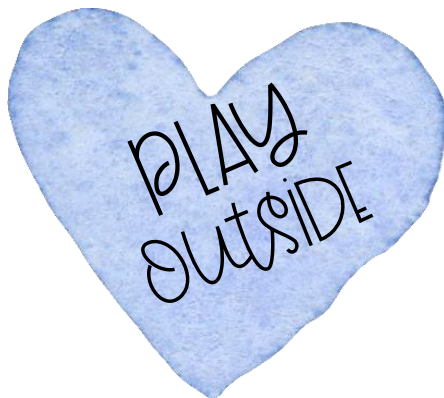


MY JAR OF SELF LOVE

MIX IT ALL TOGETHER WITH A
SPARKLE OF KINDNESS!



Cut out WHAT YOU NEED

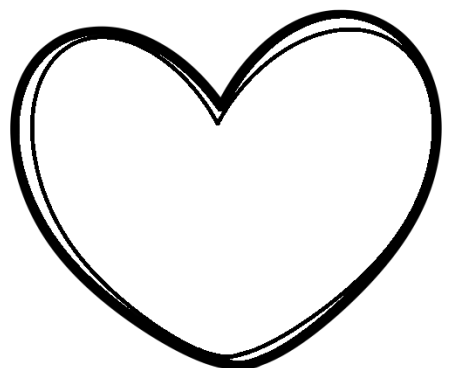
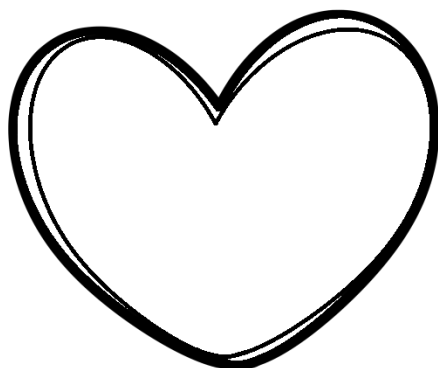
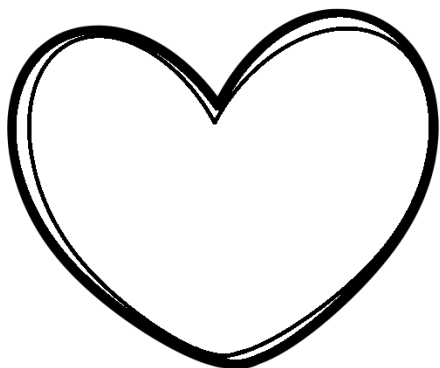
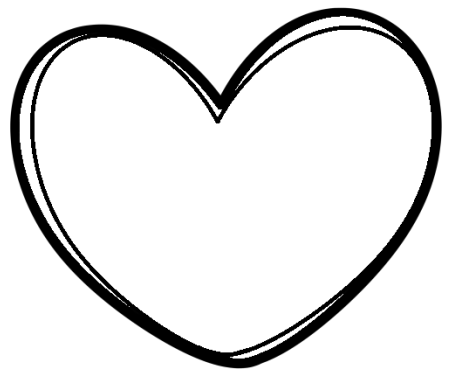
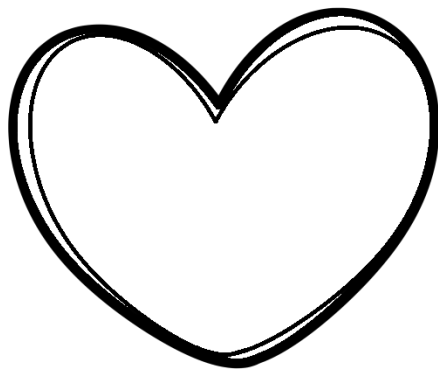
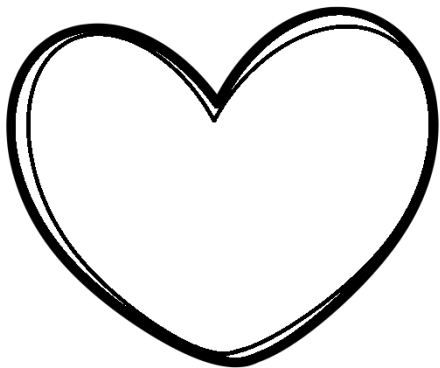
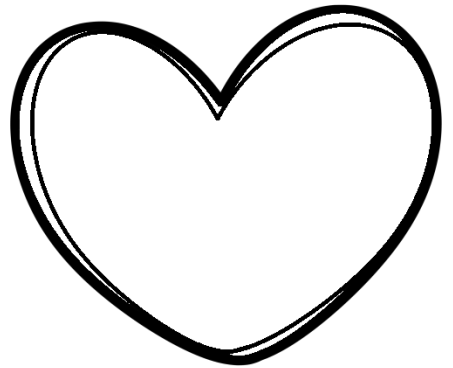
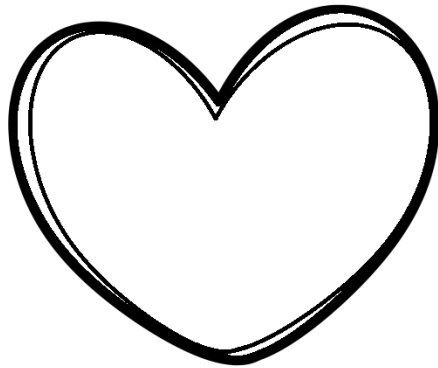
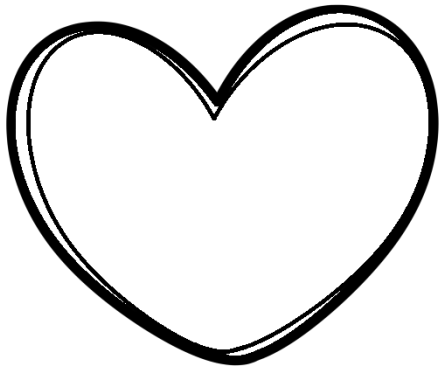




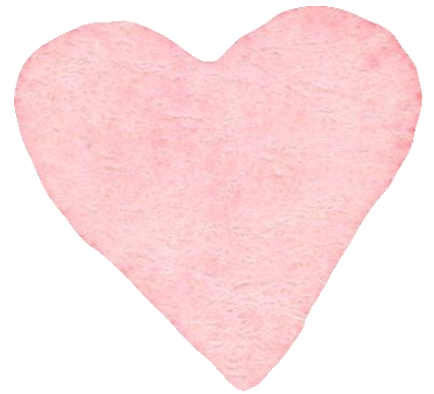
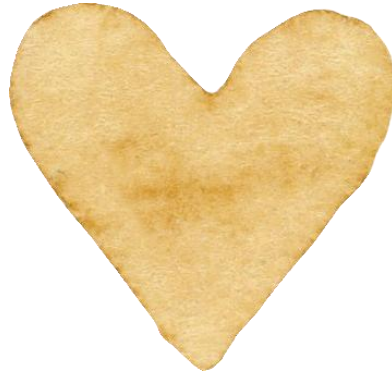
Cut out WHAT YOU NEED



FILL IN WHAT YOU NEED



FILL IN WHAT YOU NEED



SELF-CARE MENU

Physical

- Get enough sleep
- Play outside
- Dance
- Go for a walk
- Ride bike
- Do yoga
- Go swimming
- Clean your room
- Draw with sidewalk chalk
- Build a fort
- Go on a scavenger hunt

Emotional

- Watch a movie
- Play a game
- Sit outside
- Make a card for someone
- Sing
- Journal
- Take a nap

Mental

- Read a book
- Draw or paint
- Do a puzzle
- Play with your toys
- Listen to music
- Watch the clouds
- Blow bubbles

Social

- Make something for someone
- Volunteer
- Visit a park
- Give compliments
- Help your siblings
- Call your friends
- Play outside
- Take picture with friends
- Donate to a charity
- Do something nice for your family
- Visit a museum



MY SELF-CARE PLAN

(choose strategies from the menu)

Physical

Emotional

Mental

Social



about the author

Ashley leads a social-emotional wellness program dedicated to preschoolers and Kindergarten students. She has over 6 years experience working with children with social-emotional needs and learning disabilities. She also works closely with families and school staff to advocate for social-emotional learning in the classroom and community.



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credits



thank you

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I also would LOVE to see pictures of how you use the resource with your students. Please tag @socializing.with.sprouts on Instagram and follow my page!