10 Self-Care Activities for Students

**SELF-CARE:**
- Sit comfortably at the edge of a chair, feet flat on the floor, rest hands on knees or legs.
- Take a deep breath in and inhale: positivity, strength, calm. "I'm ok," I got this.
- Exhale out: anxiety, stress, worry.
- Do each breath slowly and calmly.
- Repeat 5 times.
- How do you feel?

**5-4-3-2-1 GROUNDING:**
- Relax, sit upright at the end of the chair, feet flat on the floor.
- Find 5 things you can see in the room.
- Find 4 things you can feel (chair on your back, feet on the floor, etc).
- Find 3 things you can hear now (people, birds outside, etc). 
- Find 2 things you can smell right now (or 2 things you like the smell of).
- Find 1 thing you can taste (or imagine tasting your favorite treat).
- Take one deep breath in...hold...breathe out.
- How do you feel?

**PROGRESSIVE MUSCLE RELAXATION:**
- Sit comfortably at the edge of a chair, feet flat on the floor, rest hands on knees or legs.
- Tense and relax each muscle group.
- Start with your toes/feet, tense up all the muscles, hold for a few seconds then release.
- Reapet with your legs, stomach, fingers, arms, shoulders, jaw, and forehead.
- Take a deep breath in and breathe out any stress and tension.

**STRETCH BREAK:**
- Sky Reach: stand with your feet slightly apart. Slowly raise both hands up over your head. Stretch your fingers up towards the sky and hold for 3 seconds. Bring your hands down to touch your toes.
- Shoulder Roll: As you breathe in, raise your shoulders up to your ears and hold; breathe out as you slowly roll your shoulders back and then down.

**BUTTERFLY VISUALIZATION:**
- In a seated position, place bottom of feet together, and hold with your hands.
- Close your eyes and imagine you are a butterfly and can fly anywhere in the world.
- Start flapping your butterfly wings by moving your legs up and down.
- Fly to your special place.
- What do you see, what do you hear, what do you feel as you fly around?

**GRATITUDE JOURNAL:**
- Think and write down one or two new things you are happy about each day.
- Showing gratitude can help reduce stress and increase happiness.
- Notice how you feel after you write in your gratitude journal.

**SOUNDS & MUSIC RELAXATION:**
- Click here to play calm music and sounds.
- Close your eyes and focus on what you hear.
- Pay close attention to all of the different sounds.
- What are you feeling when you hear these sounds?
- Be grateful for the sounds and your ability to hear them with your ears.

**FAVORITE MEMORY VISUALIZATION:**
- Think about one of your favorite memories.
- Try and visualize this memory as much detail as possible.
- Who was there, how were you feeling, what do you see?
- When you open your eyes, notice how you are feeling.

**TRY A RELAXATION APP:**
- Explore one of the free apps listed below that provides calmness/breathing exercises (get approval from parents first).
- Stop, Breathe & Think.
- Breath2Relax.
- Colorfy.
- Smiling Mind.
- Calm.

**OTHER IDEAS TO TRY:**
- Click here to try a virtual calming room.
- Go on a nature walk and soak in the beauty around you.
- Do something kind for your friend on the phone.
- Paint a directed drawing.
- Sit in a directed drawing.
- Click here to try a free self-care app.

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**PROGRESSIVE MUSCLE RELAXATION:**
- (Time: 2-3 min.)

**SOUNDS & MUSIC RELAXATION:**
- (Time: 1-2 min.)

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**GAME:**
- (Time: 1-5 min.)

**FAVORITE MEMORY VISUALIZATION:**
- (Time: 1-2 min.)

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**OTHER IDEAS TO TRY:**
- (Time: 1-5 min.)

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**FAVORITE MEMORY VISUALIZATION:**
- (Time: Less than 5 min.)

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**GRAVITY BREATHS:**
- (Time: 1-2 min.)

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**SOUNDS & MUSIC RELAXATION:**
- (Time: 1-3 min.)

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**TREE VISUALIZATION:**
- (Time: 1-2 min.)

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**FAVORITE MEMORY VISUALIZATION:**
- (Time: 1-5 min.)

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- (Time: 1-5 min.)

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