

MY



SELF CARE ADVENTURE ACTIVITY PACKET

What is Self - care?

Self-care is what we do for **ourselves** that helps us live a healthy, safe and meaningful life. Paying attention to our thoughts, feelings, and behaviors helps us take care of ourselves. Below are types of self- care which will be covered in this packet. These are not the only ways to practice self- care. It's our hope this packet is a start to your adventure of exploring self - care, and making it an important, frequent part of your life.

Physical

Spiritual

Emotional

Occupational

Social

Financial

Intellectual

Environmental

Self care helps us:

-Be proactive

-Reduce stress & relax

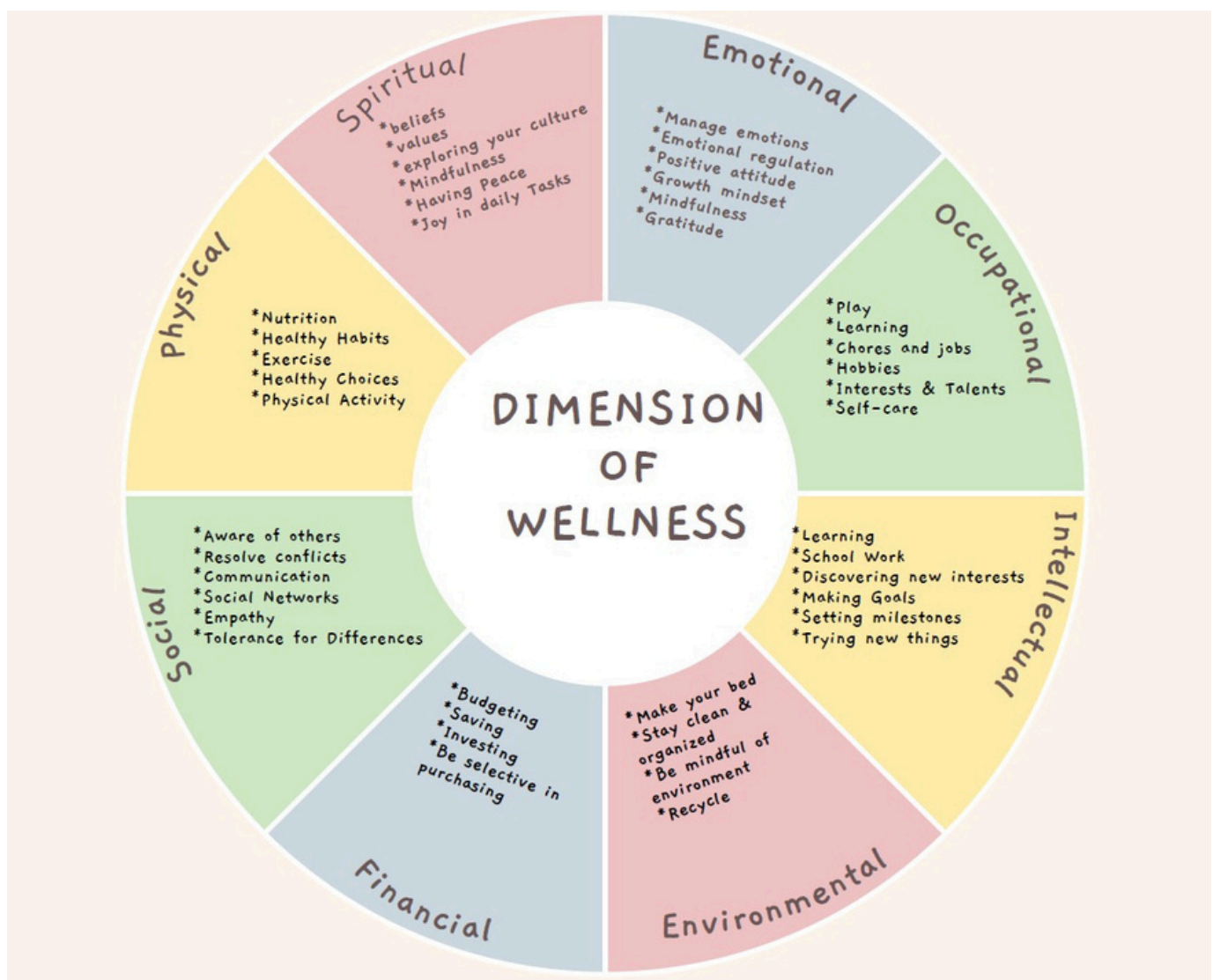
***-Reminds us of
what's important***

***-Learn how we have
grown and how we
need to grow***

Self Care Wheel



In this packet you will see the self-care types mentioned on the previous page. Additionally listed are several examples for each type. In this packet you have been provided 1 to 2 activities to assist you in learning about and practicing each form of self-care. If there is something listed you don't understand or want to know more about, please speak with your parent(s)/guardian to gain a better understanding. It may also spark more conversation about self-care. Let your self-care adventure begin!



Name that Workout

PHYSICAL SELF-CARE

Exercise can be done in a creative way to help us physically care for ourselves. Below are exercise activities where you can use the letters in your name. You may spell out your full name, (first, middle and last), or just one (your first, or middle or last). For each letter, complete the exercise that is stated. Find a spot and if you like, turn on some upbeat music to get you motivated. If needed, change the exercise to match your comfort level. Challenge those around you to practice their physical self-care by exercising based on their name!

A	Jump Up & Down 10 Times	N	Walk like a bear for 10 seconds
B	Run to the nearest door & run back	O	Bend down & touch your toes 10 times
C	Hop on each foot 5 times	P	Pretend to pedal a bike with your arms for 20 seconds
D	Crawl like a crab for 10 seconds	Q	Flap your arms like a bird 20 times
E	Do 10 jumping jacks	R	Pretend to ride a horse for 15 seconds
F	Do 10 sit ups	S	Stand on your tip toes & reach for the ceiling for 15 seconds
G	Hop like a frog 8 times	T	Run in place for 15 seconds
H	Balance on your left foot for 10 seconds	U	Lie on your belly & pretend to fly like a superhero for 5 seconds
I	Hop on your right foot for 10 seconds	V	Do 10 scissor jumps
J	Pretend or actually jump rope for 20 seconds	W	March in place for 10 seconds
K	Do 5 push ups	X	Sit on the ground & touch your toes; hold for 10 seconds
L	Skip around the room 3 times	Y	Jump as high as you can 5 times
M	Do 10 shoulder shrugs (lift your shoulders up, hold, and then let them drop)	Z	Do 10 rocket jumps (squat to touch the ground between your feet & then jump up into the air reaching your hands over your head)

Healthy Snacking



PHYSICAL SELF - CARE

Directions: Answer the questions below about your snacking habits and what you enjoy eating. When complete, use your answers to make a shopping list at the bottom of the page. Tear it off and ask your parent(s)/guardian if you can come along to pick up the items or send the list with them.

1. Instead of buying sugary or high-fat snacks at school or the store, put a healthy snack in your backpack every morning. What healthy snack would you like to pack?

Backpack snack:

2. Do you snack after school? If so, what healthy snack would you like to eat after school?

Afterschool snack:

3. Do you eat dessert after dinner? If so, what healthy dessert would you like?

Dessert:

4. Don't forget the weekend! Think about what you'll be doing; playing sports, spending time with family or friends. If there is a need for snacks, what healthy snacks would you like to have?

Weekend snack:

5. To pack or store a snack, you might need something to put the items in. Would you rather have plastic bags or plastic containers or a different storage item.

Carry Item In:

Write your shopping list items on the lines provided:

Values: What Is Important To ME

SPIRITUAL SELF - CARE

Your values play a huge role in who you are, how you behave, communicate, who you spend time with, where you spend your time and the decisions that you make. The values we show displays what is important to us. Below are examples of values. There are spaces provided for you to write in a value that is not listed that you feel is important. Color in or mark your top five. Once complete, we encourage you to pay attention to when you practice a selected value in your daily life. The more practiced, the easier it will be to do it. If there is a value listed you want to know more about or feel it should be important to you, talk with your parent(s)/guardian to receive further guidance.

Respect

Fun

Peace

Travel

Faith

Fairness

School

Safety

Happiness

Family

Honesty

Freedom

Friendship

Kindness

Creativity

Doing my best Saying sorry

Being Patient Helping others

Learning from
my mistakes

Learning
new things

Being accountable

Gratitude Weekly Reflection



EMOTIONAL SELF - CARE

Showing gratitude encourages us to put our attention on people, places, things, and experiences that make life meaningful and bring out who we are as a person. In the space below, answer the questions explaining how you notice and practice gratitude.

WHAT INSPIRED ME THIS WEEK?

A MOMENT THAT MADE ME SMILE:

SOMETHING I DID WELL:

THINGS I AM GRATEFUL FOR THIS WEEK:

1.

2.

3.

4.

WHAT ARE YOU LOOKING FORWARD TO NEXT WEEK?

Tech Neck - Stretches

OCCUPATIONAL SELF - CARE

With the use of laptops, phones, tablets, etc, we can all benefit from practicing Tech Neck stretches. These recommended stretches can be done just about anywhere. Having a balance of completing school, work and recreational tasks, along with caring for our upper body helps us thrive in this form of self- care. Below are examples of stretches. You will want to keep your upper body in the same position, without arching your back or rolling your shoulders forward. Remember; the goal isn't to stretch as far as you can, but to stretch enough for YOUR body. You don't want to cause pain, so start each stretch gently, and if it hurts - don't do it. Start off slow, then work your way up to doing these stretches regularly.

Neck Extension - Sitting upright in a chair or cross -legged on the ground, tilt your head up, looking toward the ceiling or as far back as comfortable. Hold for 5 seconds. Lower your head, tucking your chin into your chest. Hold for 5 seconds. Repeat 10 times.



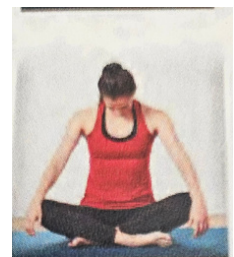
Neck Side Bend - Sitting upright in a chair or cross-legged on the ground, tilt your head so that your ear moves towards your shoulder. Hold for 5 seconds. Bring head to center, then drop down to other shoulder. Hold for 5 seconds. Repeat 10 times. Note: Keep your shoulders down, and try to keep your head and shoulders in the same place, with your face always facing straight.



Neck Rotation - Sitting upright in a chair or cross -legged on the ground, turn head to look over shoulder, hold for 5 seconds. Turn towards opposite shoulder, hold for 5 seconds. Repeat 10 times. Note: Keep your upper body still and head upright.



Chin Tuck - Sitting upright in a chair or cross-legged on the ground, pull chin straight back. Hold for 10 seconds, release. Repeat 10 times. Note: If done right, this pose will be incredibly unattractive and a little uncomfortable. You can also try this in a car seat by pushing your head back against the headrest.



Cactus Arms - Standing in the middle of a door frame, hold your arms parallel to the floor. Bend your elbows so your lower arms are pointing up to the ceiling (you should look like a field goal or a cactus with upper arms parallel to floor, forearms at a 90 degree angle. Rest elbows on door frame and lean slightly forward. Note: You can lift your arms higher for a different stretch, or hold one arm straight and switch if your arms aren't long enough to have both touching the door frame at the same time.



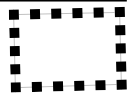
SCREEN TIME TRACKER



OCCUPATIONAL SELF- CARE

Have you ever thought about how much time you spend looking at a screen? Yes, there are times looking at a screen is needed for homework, looking information up, etc. However, what if some of our screen time is not helping us but in fact keeping us from taking care of our responsibilities, gaining enough sleep causing us to miss out on communicating with family and friends in person. Below you are encouraged to fill in the number of hours you spend on each type of screen during the week. At the end of the week, add up the daily hours in the last column, then add up the total hours for the week and write the hours in the dotted box below. Note: Screen time used for homework should not be included.

Week	Laptop/ Tablet	Phone	TV/ You Tube	Video Games	Total Hours
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					



After looking over the hours, ask yourself the following:

1. Were you surprised by any of the hours you spent looking at a screen?

Check Y N

Y for Yes or N for No.

2. If you were surprised by the number of hours, write down why you think you spend that amount of time looking at that screen?

3. If needed, what can you do to create a balance between screen time and non screen time?

GOAL-SETTING

INTELLECTUAL SELF - CARE

A goal is something you would like to accomplish whether big or small. It can be something you would like to have, do or no longer do. We can set goals that will help us accomplish something today, next week, month or year. We can also set goals that will help us years from now. Setting goals aids us to be resilient and helps us to handle our emotions and actions in appropriate ways.

What are your goals?

What do you want to learn?

What do you want to achieve?

There is no wrong answer. List out 2 goals you would like to achieve

Goal 1:

Goal 2:

Action plan

“Some day is not a day”

Giving yourself a deadline helps you to keep the promise to yourself and complete your goal

When will you achieve that goal? _____

Write the date you would like to have your goal completed?

Pick one goal

Pick one of the goals from above. Write below why this goal is important to you. Knowing “why” this goal is important to you will help you stay motivated and focused.

What steps I will take to achieve my goal



List 3 steps to reach your goal

Step 1

Step 2

Step 3

Obstacles

**What may get in your way?
Set a plan to get around them**

Obstacle 1: Write it on the line

Plan to get around the obstacle

Obstacle 2: Write it on the line

Plan to get around the obstacle

THE FIRST STEP

Do 1 thing each day towards your goal. What will be your first step?

Picture Yourself Completing Your Goal. Ask Yourself: Who will be there to see you achieve? Why is this so important to you to achieve?

INTEREST INVENTORY

INTELLECTUAL SELF - CARE

It's great to already know or become aware of what we enjoy in life. We add to our lives when we give ourselves a chance to learn something new. Below fill out the sections to express what you enjoy. At the bottom of the page write what you would like to try that is new to you.

MY FAVORITE THINGS

Food: _____

Book: _____

Color: _____

Sport: _____

Movie: _____

Animal: _____

Subject: _____

Extracurricular Activity:

Hobby: _____

I love spending time

with my family

with my friends

on my own

What I love about school

seeing my friends

learning new things

doing fun projects

What I love after school

watching TV

reading books

playing video games

SOMETHING NEW I WILL WORK HARD TO LEARN ABOUT OR PARTICIPATE IN

TIC, TAC, TOE



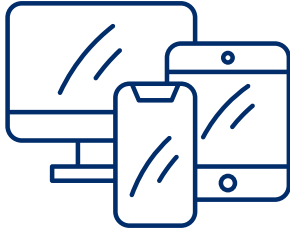
BRAIN BREAK GAME

Taking turns with your partner, play a game of O's and X's, with the goal of getting three in a row.



Name Player 1:

Name Player 2:



DIGITAL CITIZENSHIP

ENVIRONMENTAL SELF - CARE

Parental/Guardian guidance is suggested

Demonstrating digital citizenship allows you to show how responsible you are while using technology. Digital citizenship includes being mindful of the message and behavior you send to others and receive from others through the digital world (social media, text, video games, emails, etc). Below are starter questions designed to help you think about how you practice digital citizenship. The goal is to talk about the questions with your parent(s) or guardian. Do worry if any of the questions state something you have not done so far; there will always be something new to learn!

What are some ways you keep your private information safe on the internet?

What are some ways that you can tell if information found on the internet is true or not?

How do you show respect when talking with others through text or social media?

How do you physically or emotionally feel after being on social media, playing video games or texting?

How do you balance your time using technology with non technology activities?

What are some of your favorite activities using technology? Why?

MINDFUL SENSES WALK



ENVIRONMENTAL SELF - CARE

To be mindful means to be aware of what is happening here and now in the present moment.

INSTRUCTION

Focus on what you see, hear, smell, touch, and possibly taste in your environment. Read the questions. Write your answers in the boxes below.

I SEE..

Look around and notice the colors, shapes, and patterns in your surroundings.

Write down at least three things you see, and briefly describe what catches your eye.

I HEAR..

Listen carefully to the sounds around you. What can you hear?

Write down at least three distinct sounds, and note how they make you feel.

I SMELL..

Identify any scents in the air. What can you smell?

Describe at least three different smells and their characteristics.

I FEEL..

Explore the sense of touch by reaching out and feeling various objects or surfaces. Describe the textures and sensations you experience when touching things like leaves, rocks, or tree bark.

Friendships



SOCIAL SELF - CARE

We take care of ourselves when we build healthy friendships. This can take time, and it is worth it long term. To have a friendship that is honest, enjoyable and safe, it's necessary to know what you will give or not give in a friendship and what you will accept or not accept from a friendship. Think of your current friendships or friendships you hope to have in the future. Check out the questions below and place your responses in the areas provided.

List some ways you can tell a peer is being a friend to you?

List some ways you can tell a peer is not being a friend?

List some qualities you would like to have in a friend?

Name what you will NOT accept in a friendship.

Ask Yourself: What qualities do you bring to a friendship?

Ask Yourself: What do you need to improve on being a friend to others?

Empathy

SOCIAL SELF-CARE

The ability to put yourself in someone else's shoes in order to feel what they are feeling.

At the bottom of the page are examples showing empathy and not showing empathy. Read each statement. Cut out each one and place it in the column you think it falls under.

Showing Empathy

Not showing empathy

showing a family member how to do a household task that seems challenging	bragging about what you have when someone else is facing hard times	not caring how your behavior affects other people
listening to someone who is having a hard day	holding the door open for someone behind you	not showing sportsmanship when your team wins
laughing at a class mate who is afraid of speaking in front of the class	offering to tutor a student	gossiping about another student
asking a family member or friend about thier day	cleaning up after yourself at home and school	on an electronic device while someone is trying to have a conversation with you

Do you think practicing empathy is important? Why or Why not?
