**It’s important to take CARE of yourself!**

**Pick one or more of the activities to do.**

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| **C****Calm & Connect** | **A****Artistic** | **R****Read & Write** | **E****Exercise & Energize** |
| * Pray for someone
* Tell your family what you thank God for
* Spend time with your pet
* Do some gardening
* Make an indoor picnic
* Look at old photos
* Make a home spa
* Play: board games, dominoes, cards, jigsaw puzzles with the family
* Play ‘I spy with my little eye….’
* Listen to some calming music
* Have a ‘mindful minute’ (no speaking) then write about what you could see and hear
 | * Practise an instrument
* Dress up – the more creative the outfit the better
* Do some recycling art/junk modelling
* Bake or cook (with an adult)
* Make up a dance routine to your favorite song
* Draw and color your favorite ‘happy place’
* Collect leaves, sticks, shells and rocks to make some natural art
* Learn a magic trick
* Hold a paper airplane flying competition
* Color a Mandala or mindfulness picture
* Chalk your driveway/outside area – design a picture or play hopscotch!
 | * Write an adventure story
* Read ‘real’ (offline) books
* Write a journal/diary
* Write a reflection poem about our ‘new normal’ and save it
* Write handwritten cards for your friends/family
* Write a letter to your future self
* Write a list of all the things you are thankful for
* Add some more things you’d like to do, once this time is over, to your ‘Bucket List’ pot/jar
 | * Ride your bike, scooter or skateboard
* Yoga
* Pilates
* Skipping rope
* Dancing
* Water bottle bowling
* Treasure hunt (indoor or outdoor)
* Obstacle race
* Have exercise challenges with your family. Who can do the most…? Who’s the quickest at….?
* Play hide and seek
* Clean the house/garden
* Go for a walk
* Zumba
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