**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 |