



SELF-CARE SEPTEMBER 2021

CALENDAR FOR TWEENS AND TEENS



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1
Close your eyes and just breathe for 2 minutes

2
Make an upbeat play list

3
Write down 3 things you like about yourself

4
Download a mindfulness or relaxation app and give it a try

5
Make a list of 8 things that you love

6
Establish a sleep routine

7
Write down 5 things that help you de-stress

8
Find a motivational YouTube video/or quote

9
Eat your lunch or a snack outside

10
Watch something that makes you laugh

11
Take a walk with someone you care about

12
De-clutter 10 things from your room

13
Play a board or card game with someone in your family

14
Write down something that you have done lately that you are proud of

15
Make a bucket list of things you want to do

16
Share something you are thinking about with a parent or friend

17
Print 5 pictures from your phone that make you happy

18
Drink 4 glasses of water today

19
Watch your favorite movie with someone

20
Put down your tech for at least 1 hour

21
Do something kind for someone

22
Write down 5 things you are grateful for

23
Exercise for 20 minutes

24
Make a healthy snack

25
Sing along to your favorite song

26
Break out the colored pencils or crayons and color

27
Read a favorite book from when you were little

28
Compliment someone

29
Write down 3 things you want to accomplish today

30
Ask for help if you need it

SELF-CARE IS GIVING THE WORLD THE BEST OF YOU, INSTEAD OF WHAT'S LEFT OF YOU - KATIE REED