



# SELF-CARE SEPTEMBER 2022

## CALENDAR FOR TWEENS & TEENS



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

4

Establish a sleep routine

5

Download a mindfulness or relaxation app and give it a try

6

Make a list of 8 things that you love

7

Eat lunch outside

8

Write down 5 things that help you to de-stress

9

Find a motivational YouTube video or quote

10

De-clutter 10 things from your room

11

Play a board or card game with someone in your family

12

Watch something that makes you laugh

13

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

14

Compliment someone today

15

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

16

Print out 5 pictures from your phone or computer that makes you happy

17

Watch your favorite movie with someone

18

Put down your technology for at least one hour

19

Do something kind for someone

20

Exercise for 20 minutes

21

Write down 5 things that you are grateful for

22

Drink 4 glasses of water today

23

Sing along to your favorite song

24

Break out the colored pencils, markers or crayons and color

25

Read a favorite book from when you were little

26

Make a healthy snack

27

Facetime or video chat with someone you care about

28

Take a walk

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