



SELF-CARE SEPTEMBER 2023

CALENDAR FOR TWEENS & TEENS



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1
Close your eyes
and just breathe for
2 minutes

2
Make an upbeat
playlist

3
Establish a sleep
routine

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

5
Make a list of 8
things that you love

6
Eat lunch outside

7
Write down 5
things that help
you to de-stress

8
Find a motivational
YouTube video or
quote

9
De-clutter 10 things
from your room

10
Play a board or card
game with
someone in your
family

11
Watch something
that makes you
laugh

12
Write down 3
things you like
about yourself

13
Compliment
someone today

14
Share something
that you are
thinking about with
a parent or friend

15
Print out 5 pictures
from your phone or
computer that
makes you happy

16
Watch your
favorite movie with
someone

17
Put down your
technology for at
least one hour

18
Do something kind
for someone

19
Exercise for 20
minutes

20
Write down 5
things that you are
grateful for

21
Drink 4 glasses of
water today

22
Sing along to your
favorite song

23
Break out the
colored pencils,
markers or crayons
and color

24
Read a favorite
book from when
you were little

25
Make a healthy
snack

26
Facetime or video
chat with someone
you care about

27
Take a walk

28
Write down 3
things you want to
accomplish today

29
Write down
something you have
done lately that you
are proud of

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