



SELF-CARE SEPTEMBER 2024

CALENDAR FOR TWEENS & TEENS



SUNDAY

1 Establish a sleep routine.

8 Play a board or card game with someone in your family.

15 Put down your technology for at least one hour.

22 Read a favorite book from when you were little.

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

MONDAY

2 Download a mindfulness or relaxation app and give it a try.

9 Watch something that makes you laugh.

16 Do something kind for someone.

23 Make a healthy snack.

30 Ask for help if you need it.

TUESDAY

3 Make a list of 8 things that you love.

10 Write down 3 things you like about yourself.

17 Exercise for 20 minutes.

24 Facetime or video chat with someone you care about.

WEDNESDAY

4 Make an upbeat playlist.

11 Compliment someone today.

18 Write down 5 things that you are grateful for.

25 Take a walk.

THURSDAY

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

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

19 Drink 4 glasses of water today.

26 Write down 3 things you want to accomplish today.

FRIDAY

6 Find a motivational YouTube video or quote.

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

20 Sing along to your favorite song.

27 Close your eyes and just breathe for 2 minutes.

SATURDAY

7 De-clutter 10 things from your room.

14 Watch your favorite movie with someone.

21 Break out the colored pencils, markers or crayons and color.

28 Eat lunch outside.

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