



SELF-CARE SEPTEMBER 2026

CALENDAR FOR TWEENS & TEENS



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1
Download a mindfulness or relaxation app and give it a try.

2
Establish a healthy sleep routine.

3
Write down 5 things that help you to de-stress.

4
Find a motivational YouTube video or quote.

5
De-clutter 10 things from your room.

6
Play a board or card game with someone in your family.

7
Watch something that makes you laugh.

8
Write down 3 things you like about yourself.

9
Compliment someone today.

10
Share something that you are thinking about with a parent or friend.

11
Print out 5 pictures from your phone or computer that makes you happy.

12
Watch your favorite movie with someone.

13
Put down your technology for at least one hour.

14
Do something kind for someone.

15
Exercise for 20 minutes.

16
Write down 5 things that you are grateful for.

17
Drink 4 glasses of water today.

18
Sing along to your favorite song.

19
Break out the colored pencils, markers or crayons and color.

20
Read a favorite book from when you were little.

21
Make a healthy snack.

22
Facetime or video chat with someone you care about.

23
Take a walk.

24
Write down 3 things you want to accomplish today.

25
Close your eyes and just breathe for 2 minutes.

26
Eat lunch outside.

27
Make an upbeat playlist.

28
Write down something you have done lately that you are proud of.

29
Make a list of 8 things that you love.

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