



# **SELF-CARE** **ACTIVITIES**

Listen to music  
Take a shower  
Talk to a friend  
Watch a movie  
Read a book  
Go for a walk  
Ride a bike  
Learn to play an instrument  
Play with your pet  
Make an 'adventure' list  
Do some yoga  
Meditate or pray  
Talk to a friend on the phone  
Go to the park\*  
Go to the cinema\*  
Find out about a different culture  
Take a nap  
Plan an outing with friends\*  
Go for a jog  
Write in a journal  
Invite a friend over\*  
Go for a swim\*  
Read inspiring quotes  
Try a new activity  
Play board games  
Do an arts and crafts activity  
Play card games  
Cook with someone  
Go outside and enjoy nature

Make a list of things you like  
Go to the library\*  
Write a poem/short story  
Learn a new language  
Sing your favourite songs  
Write in a gratitude journal  
Make a funny video  
Draw or paint a picture  
Make a list of your accomplishments  
Write a letter to your future self  
Make a list of things you're good at  
Plant a garden\*  
Make a scrapbook  
Visit a museum\*  
Take photos of nature  
Write a song  
Make a playlist of favourite songs  
Watch funny cat videos  
Read a comic  
Go outside and watch the clouds  
Make a playlist of funny movies  
Turn up the music and dance  
Make a list of people you look up to  
Read an inspirational book  
Start an art journal  
Have a good laugh  
Volunteer in your community\*  
Draw or colour Mandala patterns  
Go stargazing\*

**\* MAKE SURE YOU ASK FOR YOUR CARERS  
PERMISSION BEFORE DOING THESE ACTIVITIES \***