
















Self-Care ideas

Blow bubbles Recipe for homemade bubble solution	Play a board game 	Make a list of your accomplishments	Meditate 10 meditations for pre-teens and teens	Take an online course List of classes for teens classcentral.com
Do a crossword puzzle NY Times Student Crossword Archive	Learn how to do origami Check out this YouTube channel	Look at old pictures/create a scrapbook	Turn off technology	Go stargazing 
Play with your pet; teach it a new trick	Do an arts and craft activity	Do yoga Free yoga classes for teens via youtube 	Meditate 10 meditations for pre-teens and teens	Ride your bike 
Draw or color Zentangles, Mandalas	Write in a gratitude journal 	Read inspiring quotes 	Drink a cup of tea/hot cocoa 	Do your laundry 
Take a virtual tour of Yellowstone National Park or Yosemite National Park	Take a virtual tour of the zoo or the aquarium: San Diego Zoo , Georgia Aquarium , Monterey Bay Aquarium	Take a virtual museum tour over 2,500 tours available	Put down your phone for an hour, an afternoon, or a day 	Find 2 books you want to read Goodreads book lists for teens , Sora app - access ebooks via school libraries
Learn & play a new card game 	Declutter your bedroom/ clean out your closet	Learn a few phrases in a new language	Try a new recipe	Turn up the music and dance!
Write a poem/short story/song	Make a playlist of your favorite songs	Bake something for your family	Take a nap 	Make a list of goals for yourself
Plant a garden 	Write a letter to your future self	Talk to a friend <i>friends</i>	Go for a walk or a hike	Make a list of things you like about yourself
Draw or paint a picture	Do a puzzle	Play an instrument	Play a board game	Make a funny video
Watch a movie 	Go outside and watch the birds and squirrels	Take a virtual tour of a farm @ Farmfood360	Take photos of nature	Listen to your favorite songs 