

Self-Care Activities for ASH Middle School

Self-care refers to the deliberate activities we do in order to meet our physical, emotional, and mental health needs. Self care helps improve our mood and lessen anxiety and every day pressures. In the time of eLearning and social distancing, you must practice self-care. You must find a way to balance your academic studies with self-care activities. Give yourself breaks throughout the day and use the list below to check off the self-care activities that work best for you! I would love to hear from you about your favorite activities, so email me tnewton@ashrosary.org!

- ☐ Listen to music
- ☐ Take a shower/bath
- ☐ Talk to a friend
- ☐ Watch a movie
- ☐ Read a book
- ☐ Go for a walk
- ☐ Ride your bike
- ☐ Exercise
- ☐ Play with your pet
- ☐ Stretch your muscles
- ☐ Do yoga
- ☐ Meditate
- ☐ Pray
- ☐ Go on a walk with a friend
(walk and talk on the phone with one another)
- ☐ Learn to braid
- ☐ Learn calligraphy
- ☐ Take a nap
- ☐ Plan an outing with a friend
(after COVID-19)
- ☐ Go for a jog
- ☐ Write in a journal
- ☐ Go for a swim
- ☐ Go on a nature walk
- ☐ Try a new activity
- ☐ Play board games
- ☐ Play card games
- ☐ Play a video game
- ☐ Cook with your
parent/caregiver
- ☐ Paint your nails
- ☐ Go outside and watch the
birds and other animals
- ☐ Make a list of things you like
about yourself
- ☐ Write a poem/short story
- ☐ Learn a new language
- ☐ Sing your favorite songs
- ☐ Write a song
- ☐ Learn to play an instrument
- ☐ Make a funny video
- ☐ Draw or paint a picture
- ☐ Make a list of your
accomplishments
- ☐ Make a bucket list
- ☐ Write a letter to your future
self
- ☐ Make a list of things you're
good at
- ☐ Work outside in nature
- ☐ Plant a garden
- ☐ Make a scrapbook
- ☐ Trim your nails
- ☐ Visit a museum virtually
- ☐ Eat your favorite dessert
- ☐ Bake a sweet recipe
- ☐ Take photos of nature
- ☐ Make a playlist of your
favorite songs
- ☐ Do a puzzle
- ☐ Play with a sibling
- ☐ Download a podcast
- ☐ Download an ebook
- ☐ Google information about a
different culture
- ☐ 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 and why
- ☐ Practice deep breathing
exercises
- ☐ Walk barefoot in grass
- ☐ Read an inspirational book
- ☐ Write in a gratitude journal
- ☐ Do an arts and craft activity
- ☐ Start an art journal
- ☐ Have a good laugh
- ☐ Practice progressive muscle
relaxation
- ☐ Think of ways to volunteer in
your community
- ☐ Draw or color Zentangles
- ☐ Draw or color Mandalas
- ☐ Unplug and spend time in
nature
- ☐ Go stargazing
- ☐ Make a fairy garden
- ☐ Look at family photo albums
- ☐ Read inspiring quotes
- ☐ Listen to running water
- ☐ Snuggle under a cozy blanket
- ☐ Fly a kite
- ☐ Write a love letter to yourself
- ☐ Make jewelry
- ☐ Blow bubbles and be silly
- ☐ Give yourself a foot massage
- ☐ Daydream
- ☐ Write a thank you note to
someone
- ☐ Make a list of your favorite
ASH traditions