



**Fostering Resilience™**

# **SELF-CARE ACTIVITIES FOR THE FAMILY**



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# PHYSICAL SELF-CARE

- ❖ GO FOR A WALK
- ❖ TAKE A FAMILY BIKE RIDE
- ❖ HAVE A DANCE PARTY
- ❖ TAKE A HIKE
- ❖ GO TO THE GYM
- ❖ GO TO THE POOL
- ❖ DO YOGA TOGETHER
- ❖ TAKE A SWIM
- ❖ WII FIT GAMES
- ❖ PLAY TAG/ KICK-BALL / OTHER SPORTS

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# MENTAL SELF-CARE

- ❖ READ TOGETHER
- ❖ DRAW OR WRITE STORIES
- ❖ MEDITATE TOGETHER
- ❖ PRACTICE BELLY BREATHING
- ❖ TAKE A WALK TO FIND NEW THINGS
- ❖ MAKE VISION BOARDS
- ❖ PLAY MIND STRENGTH / MEMORY GAMES
- ❖ MAKE MANDALAS
- ❖ PUT TOGETHER A PUZZLE

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# EMOTIONAL SELF-CARE

- ❖ VERBALIZE AND TALK ABOUT FEELINGS
- ❖ WATCH A GOOD MOVIE
- ❖ WRITE EACH OTHER POSITIVE NOTES
- ❖ SAY “I LOVE YOU”
- ❖ TELL JOKES
- ❖ DRAW SELF PORTRAITS
- ❖ HAVE A SING-A-LONG
- ❖ TELL JOKES
- ❖ TRY A NEW CRAFT

# SPIRITUAL SELF-CARE

- ❖ WRITE A GRATITUDE LIST
- ❖ TALK ABOUT FORGIVENESS
- ❖ WRITE THANK YOU NOTES
- ❖ VOLUNTEER TOGETHER
- ❖ SPEND TIME IN NATURE
- ❖ PRACTICE POSITIVE SELF-TALK
- ❖ PLANT A TREE
- ❖ MEDITATE TOGETHER
- ❖ LISTEN TO SPIRITUAL MUSIC
- ❖ GO TO A HOUSE OF WORSHIP

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# **SOCIAL SELF-CARE**

- ❖ **CALL OR VISIT RELATIVES**
- ❖ **GO TO THE PARK**
- ❖ **PLAY BOARD GAMES**
- ❖ **HAVE FAMILY / FRIENDS OVER FOR DINNER**
- ❖ **PLAN A BBQ**
- ❖ **JOIN A TEAM**
- ❖ **DO A NEIGHBORHOOD FOOD DRIVE**
- ❖ **TALK ABOUT HOW TO BE A FRIEND**
- ❖ **VOLUNTEER AT A HOSPITAL OR NURSING HOME**
- ❖ **HOST A SLEEP-OVER**

# PRACTICAL SELF-CARE

- ❖ CLEAN UP AND DE-CLUTTER
- ❖ ASSIGN CHORES
- ❖ MAKE A GROCERY LIST TOGETHER
- ❖ LEARN ABOUT MONEY
- ❖ MAKE A WEEKLY BUDGET
- ❖ HOMEWORK/STUDY
- ❖ MORNING / EVENING RITUALS
- ❖ GARDENING
- ❖ CLEANING CHECK LIST
- ❖ DONATE OLD ITEMS (CLOTHES, TOYS, ETC).