

# SELF-CARE ACTIVITIES FOR FAMILIES

The world we live in is ever-changing and we all have big feelings we need to cope with. As a family, committing to self-care can have so many benefits. Here are some ways you can help model how to manage feelings for your child:

**1. Have a conversation.** Connecting with those you love is one of the best ways to refill your cup. Conversation starters like the Rose/Thorn activity can help get everyone talking. “What is your rose of the day (the best thing that happened) and what is your thorn (worst thing that happened)?” These questions give an opportunity to have great daily chats and see the world from everyone’s perspective.

**2. Get outside.** Studies have found that being outside can be good for your well-being. Go out into the fresh air and get some Vitamin D.

**3. Read a book together.** Think of reading together like a family book club. This will provide family interaction and opportunities to discuss character points-of-view and how they choose to handle different situations.

**4. Practice gratitude.** Look for opportunities to be grateful. Studies show people who practice gratitude on a regular basis are happier. Share with your kids three things you are grateful for, then ask them for three of their own.

**5. Digital detox.** Sometimes it’s hard to set boundaries with our digital devices because we feel the need to always be “on.” Take a break from responding immediately to that email or bingeing the latest show and engage with one another instead.

**6. Schedule some alone time.** Family time is great, but you also need some time for yourself to recharge. Don’t feel guilty to have some time and space for yourself.

**7. Listen to music.** Music is soothing and can be listened to while accomplishing other tasks. When you fold the laundry or do dishes together, you can play your favorite tunes. The chores are more fun when they become a family concert.

**8. Have dinner together.** Making the time to sit down over a meal provides connection with your favorite people.

**9. Breathe.** There is power in taking deep breaths. If you dedicate five minutes every day to practice deep breathing together, it can reap huge benefits. Not only does it provide stress relief, it can reduce blood pressure, increase energy, improve immunity and improve digestion.

**10. Do something for others.** Find a way to focus on someone else. Volunteer as a family with your favorite organization; help an elderly neighbor with their yard; or cook them a meal. Look around for the opportunities around you.



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