



SELF CARE



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Blank box for Monday activity

Blank box for Tuesday activity

Blank box for Wednesday activity

Blank box for Thursday activity

Blank box for Friday activity

Blank box for Saturday activity

1
Play a game with a friend.

2
Wrap up warm and go for a walk

3
Take some big, deep slow breaths.

4
Listen to your favourite music.

5
Watch your favourite film or series.

6
Draw or paint a picture.

7
Play your favourite game.

8
Try a new food.

9
Dance like nobody is watching!

10
Write a christmas card to someone saying what you love about them.

11
Snuggle up with a warm blanket.

12
Make your bed.

13
Share how you're feeling with someone.

14
Write 5 things you're grateful for.

15
Get a good nights sleep.

16
Get or give someone a hug.

17
Move your body.

18
Take some time to relax - however that looks for you!

19
Take time to write down any worries

20
Do a jigsaw puzzle with a grown up

21
Take a break from technology

22
Have a PJ or duvet day

23
Host a family christmas film night

24
Make and eat yummy S'mores/hot chocolate with marshmallows!

25
Merry Christmas!

26
Free-wheel down a hill on your bike/scooter

27
Go to the play park

28
Spend time with a pet

29
Write 3 things you have achieved this year that you are proud of

2024

