

TYPES OF SELF-CARE



PHYSICAL

- Sleep
- Stretching
- Walking
- Physical release
- Healthy food
- Yoga
- Rest



EMOTIONAL

- Stress management
- Emotional maturity
- Forgiveness
- Compassion
- Kindness



SOCIAL

- Boundaries
- Support systems
- Positive social media
- Communication
- Time together
- Ask for help



SPIRITUAL

- Time alone
- Meditation
- Yoga
- Connection
- Nature
- Journaling
- Sacred space



PERSONAL

- Hobbies
- Knowing yourself
- Personal identity
- Honoring your true self



SPACE

- Safety
- Healthy living environment
- Security and stability
- Organized space



FINANCIAL

- Saving
- Budgeting
- Money management
- Splurging
- Paying bills



WORK

- Time management
- Work boundaries
- Positive workplace
- More learning
- Break time

VISIT [BLESSINGMANIFESTING.COM](https://blessingmanifesting.com)
FOR MORE!

OUTDOOR SCAVENGER HUNT

- | | |
|--|--|
| <input type="checkbox"/>  1 GREEN LEAF | <input type="checkbox"/>  BIRD |
| <input type="checkbox"/>  1 BROWN LEAF | <input type="checkbox"/>  A WEED |
| <input type="checkbox"/>  3 STICKS | <input type="checkbox"/>  BUTTERFLY |
| <input type="checkbox"/>  SPIDER WEB | <input type="checkbox"/>  TREE |
| <input type="checkbox"/>  BUG | <input type="checkbox"/>  CLOVER |
| <input type="checkbox"/>  WATER | <input type="checkbox"/>  FEATHER |
| <input type="checkbox"/>  SMOOTH ROCK | <input type="checkbox"/>  BEE |
| <input type="checkbox"/>  ANTS | <input type="checkbox"/>  PINECONE |
| <input type="checkbox"/>  FLOWER | <input type="checkbox"/>  GRASS |
| <input type="checkbox"/>  CLOUD | <input type="checkbox"/>  TREE STUMP |

COPING TOOLS: What Helps Me

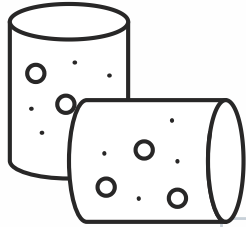
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|---|--|
| <input type="checkbox"/> Read A Book or Magazine  | <input type="checkbox"/> Ride a Bike or Skateboard  |
| <input type="checkbox"/> Hug or Climb a Tree  | <input type="checkbox"/> Create Origami  |
| <input type="checkbox"/> Journal or Write a Letter  | <input type="checkbox"/> Cook or Bake  |
| <input type="checkbox"/> Use Kind & Compassionate Self-Talk  | <input type="checkbox"/> Ask for Help  |
| <input type="checkbox"/> Make a Collage or Scrapbook  | <input type="checkbox"/> Talk to Someone You Trust  |
| <input type="checkbox"/> Rest, Nap or Take a Break  | <input type="checkbox"/> Weave, Knit or Crochet  |
| <input type="checkbox"/> Go on a Hike, Walk or Run  | <input type="checkbox"/> Build Something  |
| <input type="checkbox"/> Take Good Care of the Earth  | <input type="checkbox"/> Get a Hug  |
| <input type="checkbox"/> Drink Water  | <input type="checkbox"/> Visualize a Peaceful Place  |
| <input type="checkbox"/> Play a Board Game  | <input type="checkbox"/> Stretch  |
| <input type="checkbox"/> Do Something Kind  | <input type="checkbox"/> Make Art  |
| <input type="checkbox"/> Make and Play with Slime  | <input type="checkbox"/> Use Positive Affirmations  |
| <input type="checkbox"/> Discover Treasures in Nature  | <input type="checkbox"/> Take Slow, Mindful Breaths  |
| <input type="checkbox"/> Take a Shower or Bath  | <input type="checkbox"/> Clean, Declutter or Organize  |
| <input type="checkbox"/> Exercise  | <input type="checkbox"/> Use Aromatherapy  |
| <input type="checkbox"/> Drink a Warm Cup of Tea  | <input type="checkbox"/> Cry  |
| <input type="checkbox"/> Forgive, Let Go, Move On  | <input type="checkbox"/> Try or Learn Something New  |
| <input type="checkbox"/> Practice Yoga  | <input type="checkbox"/> Listen to Music  |
| <input type="checkbox"/> Garden or Do Yardwork  | <input type="checkbox"/> Use a Stress Ball or Other Fidget  |
| <input type="checkbox"/> Jump on a Trampoline  | <input type="checkbox"/> Get Plenty of Sleep  |
| <input type="checkbox"/> Cuddle or Play with Your Pet  | <input type="checkbox"/> Kick, Bounce or Throw a Ball  |
| <input type="checkbox"/> Practice Gratitude  | <input type="checkbox"/> Take or Look at Photographs  |
| <input type="checkbox"/> Do a Puzzle  | <input type="checkbox"/> Eat Healthy  |
| <input type="checkbox"/> Blow Bubbles  | <input type="checkbox"/> Play Outside  |
| <input type="checkbox"/> Smile and Laugh  | <input type="checkbox"/> Sing and/or Dance  |

Indoor Scavenger Hunt

• CAN YOU FIND THEM ALL? •



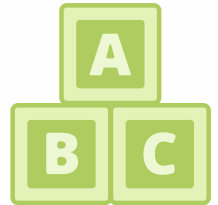
SCREW
DRIVER



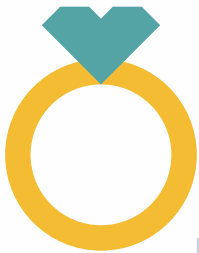
CORK



COMB



BLOCKS



RING



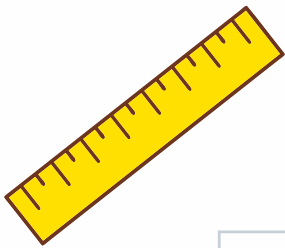
DINOSAUR



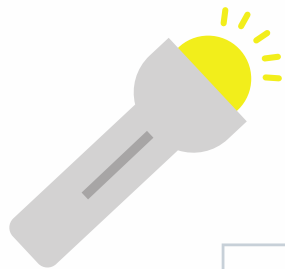
GLASSES



PENCIL



RULER



FLASHLIGHT



BATTERY



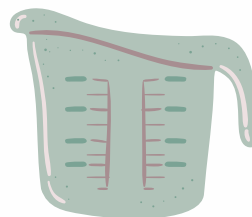
COTTON
BALL



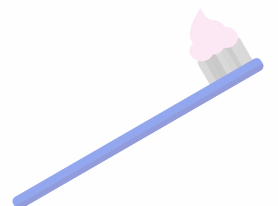
WATCH



CALCULATOR



MEASURING
CUP



TOOTH
BRUSH

Hobbies Galore

FITNESS HOBBIES

- Aerial Yoga
- Zumba
- Pilates
- Kickboxing
- Running
- Walking
- Color Run 5K Race
- Swimming
- Water Aerobics
- Swim Team
- Sports
- Weightlifting
- Tandem Bicycling
- Martial Arts
- Roller Blading
- Dancing

OUTDOOR HOBBIES

- Geocaching
- Planting Fairy Garden
- Grooming bonzi tree
- ATV Riding
- Camping
- Horseback Riding
- Fishing
- Birdwatching
- Stargazing
- Walking pets

TECHNOLOGY HOBBIES

- Video gaming
- Pinterest
- Social media
- YouTube channel
- Create a web page
- Fixing game controllers
- Listen to podcasts
- Make memes
- Watching foreign films

MUSIC HOBBIES

- Play an instrument
- Listen to music
- Create beats
- Songwriting
- Making playlists
- Music lessons

HOBBIES TO MAKE MONEY

- Blogging
- Flipping furniture
- Proofreading
- Virtual Assistant
- Etsy Shop
- Write short stories
- Tutoring
- Interior design
- Graphic design
- Photography
- Selling products
- Upcycling

VOLUNTEERING HOBBIES

- Library
- Animal shelter
- School
- Hospital
- Nursing homes
- Jacob's Home
- Church
- Senior citizens center
- Foster care organizations
- Equine therapy
- Mentoring
- Meals on Wheels
- Special interests

BRAINY HOBBIES

- Magic/illusions
- Reading
- Journaling
- Crossword puzzles
- Sudoku
- Puzzles
- Genealogy
- Researching natural remedies
- Learning a language

CRAFTING HOBBIES

- Soap making
- Candle making
- Bath bombs
- Wood burning
- Wood carving

- Baking
- Cake decorating
- Cooking
- Wreath making
- Bow making
- Leatherwork
- Macramé bracelets
- Flower arranging
- Sewing
- Quilting
- Knitting
- Crocheting
- Embroidery
- Fabric painting
- Costume making
- Jewelry making
- Scrapbooking

ART HOBBIES

- Oil painting
- Watercolor painting
- Sketching
- Ceramics
- Sculpting
- Folded book art
- Mosaics
- Calligraphy
- Lettering
- Oragami
- Glass blowing
- Etching
- Stained glass
- Graffiti
- Graphic design
- Performing arts: Theater, spoken word, mime, interpretive dance, etc.

OTHER HOBBIES

- Thrifting
- Garage sales
- Board games
- Building projects
- Composting
- Canning food
- Racking sand
- Rearrange furniture

Non-screen activities you can do at home

Pobble

25
ideas!

What can you do when there's no school and you're stuck at home? Here are 25 fun ideas to choose from.



1 How many different words can you make from the letters in this sentence, below? Grab a pencil and paper and write a list!

'Learning from home is fun'

2 Thank a community hero. Think of someone that helps you in some way and write a short letter to thank them.

Thanks!

3 Get building! You could build a Lego model, a tower of playing cards or something else!



4 Can you create your own secret code? You could use letters, numbers, pictures or something else! Can you get someone else to try and crack it?

5 Start a nature diary. Look out of the window each day and keep note of what you see. Birds, flowers, changes in the weather, what else?

6 Hold a photo session. Use a camera or a mobile phone to take some snaps. What will you photograph? Your pets or toys perhaps?

7 Build a reading den. Find somewhere cosy, snuggle up and read your favourite book!



8 Use an old sock to create a puppet. Can you put on a puppet show for someone?



9 Make a list of all the electrical items in each room of your home. Can you come up with any ideas to use less electricity?

10 Design and make a homemade board game and play it with your family.

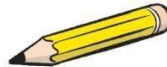


11 Do something kind for someone. Can you pay them a compliment, make them something or help them with a task?



12 Can you create a story bag? Find a bag and collect items to go in it that relate to a well known story. If you can't find an item, you could draw a picture to include.

13 List making! Write a list of things that make you happy, things you're grateful for or things you are good at.



14 Design and make an obstacle course at home or in the garden. How fast can you complete it?



15 Can you invent something new? Perhaps a gadget or something to help people? Draw a picture or write a description.



16 Keep moving! Make up a dance routine to your favourite song.



17 Write a play script. Can you act it out to other people?



18 Read out loud to someone. Remember to read with expression.



19 Write a song or rap about your favourite subject.



20 Get sketching! Find a photograph or picture of a person, place or object and sketch it.



21 Junk modelling! Collect and recycle materials such as yoghurt pots, toilet rolls and boxes and see what you can create with them.

22 Draw a map of your local area and highlight interesting landmarks.



23 Write a postcard to your teacher. Can you tell them what you like most about their class?

24 Draw a view. Look out of your window and draw what you see.



25 Get reading! What would you most like to learn about? Can you find out more about it in books? Can you find a new hobby?

YouTube Channels For Elementary Students

Alphabet/Numbers:

- Alphablocks
- Numberblocks
- Numberjacks
- Patty Shukla Kids TV
- Jack Hartmann
- KidsTV123
- Have Fun Teaching
- Kiboomers
- Super Simple ABCs
- Teaching Independent Learners - NYS Module Videos
- The Singing Walrus
- Harry Kindergarten Music
- Dr. Jean
- Sesame Street

Brain Breaks:

- Go Noodle
- The Learning Station
- The Kiboomers
- Koo Koo Kangaroo
- Scratch Garden
- Kidz Bop
- Pancake Manor

Social/Emotional:

- Howardbwigglebottom
- The Wiggle Tales
- We Do Listen Foundation
- PlayKids
- Sesame Street
- Everyday Speech
- Scratch Garden
- PBS Kids for Parents

Relaxing/Calming:

- Go Noodle - Flow
- Moovlee
- Cosmic Kids Yoga
- Relaxed Breathing Training, Version B Puffer Fish

Science:

- Crash Course Kids
- Sick Science
- SciShow
- WhizKidScience
- Lab360
- Science Max
- Peekaboo Kidz
- Blippi
- KidsTV123

Social Studies:

- Kids Academy
- Homeschool Pop
- Kids vs Life
- Kids Learning Tube
- SoulPancake

Speech:

- Speech Blubs
- Echo and Friends
- Scratch Garden
- Preschool Prep Company
- PhonicsStories
- Patty Shukla
- Jack Hartmann
- Turtlediary
- Alphablocks



what's your fit activity for kids?

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

A jump up & down 10 times

B spin around in a circle 5 times

C hop on one foot 5 times

D run to the nearest door and run back

E walk like a bear for a count of 5

F do 3 cartwheels

G do 10 jumping jacks

H hop like a frog 8 times

I balance on your left foot for a count of 10

J balance on your right foot for a count of 10

K march like a toy soldier for a count of 12

L pretend to jump rope for a count of 20

M do 3 somersaults

N pick up a ball without using your hands

O walk backwards 50 steps and skip back

P walk sideways 20 steps and hop back

Q crawl like a crab for a count of 10

R walk like a bear for a count of 5

S bend down and touch your toes 20 times

T pretend to pedal a bike with your hands for a count of 17

U roll a ball using only your head

V flap your arms like a bird 25 times

W pretend to ride a horse for a count of 15

X try and touch the clouds for a count of 15

Y walk on your knees for a count of 10

Z do 10 push-ups