

SELF-CARE TOOLBOX

Use this self-care toolbox whenever you need ideas of ways to de-stress or relax. You can write new ideas and share them with your friends, too.

Take a walk	Journal	Spend quality time with someone
Talk to a friend	Organize your backpack	Write out your best qualities
Eat a snack	Play a sport	Share a happy story from childhood
Go for a bike ride	Read a magazine	Learn how to say hello in another language
Play video games	Stretch your body	Research your dream job
Listen to music	Write a poem	Take an extra long shower
Cook	Read about a country you'd like to visit	Get a makeover or haircut
Draw	Go shopping	Organize your room
Play music	Make fun plans	Read a book
Take photos of nature	Write a short story	Read inspirational quotes
Take a nap	Do yoga	Watch a movie or tv show
Immerse yourself in nature	Lift weights	Play cards or a board game
Volunteer	Take a bath	Sing