

SELF-CARE Menu *for Families*



Meditation



Reading



Get Crafty



Listen to Music



Play with your Pets



Go to Bed Early



Replace Sheets



Draw Something



Turn Off your Phone



Lay in the Sun



Bike



Nature Walk



Yoga



Sing & Dance



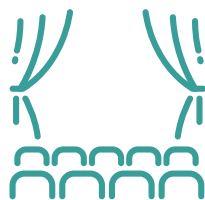
**Make your Favorite Meal
(Allergen Free)**



Make a Goal



**Bake your Favorite
Safe Dessert**



Watch a New Movie



Garden



**Write Down What
You are Grateful for**



Make a Scrapbook



PJs ALL Day



Stargaze



Play a Board Game