

THE FIVE AREAS OF SELF-CARE CHECKLIST

1. Physical self-care

Some Ideas would be:

- Healthy snacks
- Toys that promote movement
- Bubble bath supplies
- A fidget tool
- A back scratcher

2. Emotional self-care

Some ideas would be:

- A blanket for snuggling
- A sketchbook for drawing
- A journal
- A stuffed animal for cuddling
- Watercolor paint

3. Spiritual self-care

Some ideas would be:

- A book about nature
- A religious book
- Yoga related supplies

4. Intellectual self-care

Some ideas would be:

- Supplies for building something
- A word search book
- Clay
- A puzzle

5. Relational self-care

Some ideas would be:

- A two-player game
- Nail polish to share
- Note cards for writing letters to loved ones
- A box of brownies to make with someone

