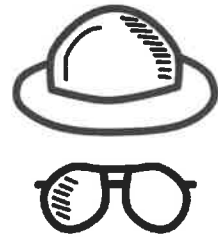
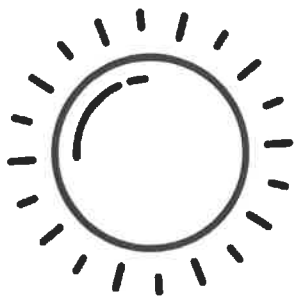


# SUMMER SELFCARE



- ☐ Engage in physical activities such as exercise, dancing, or playing outdoors.
- ☐ Practice deep breathing exercises or try relaxation techniques like yoga.
- ☐ Get enough sleep and maintain a consistent sleep schedule.
- ☐ Eat nutritious meals and stay hydrated.
- ☐ Engage in hobbies or activities that bring joy and relaxation, such as drawing, reading, or playing a musical instrument.
- ☐ Spend time outdoors in nature, appreciating the environment.
- ☐ Express emotions through writing, drawing, or talking to someone trusted.
- ☐ Practice good hygiene by regularly washing hands, brushing teeth, and taking care of personal grooming.
- ☐ Engage in positive social interactions with friends and family members.
- ☐ Set boundaries and prioritize personal needs and well-being.
- ☐ Engage in activities that promote mindfulness, such as practicing gratitude or engaging in mindful breathing exercises.
- ☐ Seek support from trusted adults or professionals when needed.
- ☐ Engage in activities that promote creativity and imagination, such as arts and crafts or imaginative play.





## **Hey there, students!**

As the summer season unfolds, it's important to prioritize your well-being and practice self-care. We've prepared a free Summer Self-Care Checklist to help you make the most of this sunny season while taking care of yourself. Take a moment to check in with your self-care using this checklist.

Remember, this checklist is meant to inspire and guide you towards self-care practices during the summer break. Feel free to personalize it and add activities that resonate with you. Take care of yourself and make this summer a rejuvenating and memorable one!

