

Self Care with Students

- [7 Types of Self-Care \(with examples\)](#)
 - This is a list of the different types of self care along with examples different types of self care for each type
- [51 Mindfulness Exercises for Kids](#)
 - This is a list of both individual and group self care exercises to try, feel free to pick and choose which one you think would work best
- [Mindfulness vs. Unmindful](#)
 - This is an worksheet that has a list of mindful vs unmindful actions to help teach the difference between the two
- [8 Breathing Exercises for Anxiety](#)
 - This is a list of 8 different exercises to help students with feelings of anxiety
- [20 Journaling Prompts for Working with Emotions](#)
 - Some other examples for quick 30-60 second reflection that could strengthen a meeting with students early in the day:
 - “Who will I **connect** with today?”
 - When will I get into **nature** today?
 - How will I **move** my body today?
 - What am I **grateful** for today?
 - How will I be **creative** today?”
- Mindful Coloring ([here's an online coloring resource](#))
- [Screw your to-do list. You need a done list.](#)
- Listen to Middle and High school students speak about self care as well as some professionals to have a better understanding of self care: [Self Care for Resilience - Resources](#)
- [Managing Stress \(extra links within\)](#)
 - Has a list of ways to reduce and manage stress
 - A list of common signs or indicators of stress
 - There are more links within for resources to help with stress management
- [5 Forms of Self-Care for Overwhelmed Students](#)
- This is a pdf of a book of interactive pages for self care coloring, drawing and stress relief activities
 - https://padlet-uploads.storage.googleapis.com/705904228/61b4f1d5fea0a419b24dca07ebc4a671/adamjk_printable_pages_1_.pdf
- Online Puzzles <https://www.jigsawexplorer.com/>