

80+ SELF CARE ACTIVITIES FOR TEENS

1. Listen to music
2. Take a shower
3. Talk to a friend
4. Watch a movie
5. Read a book
6. Go for a walk
7. Ride your bike
8. Exercise
9. Play with your pet
10. Stretch your muscles
11. Do yoga
12. Meditate or pray
13. Talk to a friend on the phone
14. Go to the park with a friend*
15. Go to the mall *
16. Get a haircut*
17. Take a nap
18. Plan an outing with friends*
19. Go for a jog
20. Write in a journal
21. Invite a friend to your house*
22. Go for a swim*
23. Go for a hike*
24. Try a new activity
25. Play board games
26. Play card games
27. Play a video game
28. Cook with your parent
29. Go to the spa with a parent
30. Go outside and watch birds and animals
31. Make a list of thing you like about you
32. Go to the library*
33. Write a poem/short story
34. Learn a new language
35. Sing your favorite songs
36. Write a song
37. Learn to play an instrument
38. Make a funny video
39. Draw or paint a picture
40. Make a list of your accomplishments
41. Make a bucket list
42. Write a letter to your future self
43. Make a list of things you're good at
44. Work outside in nature
45. Plant a garden*
46. Make a scrapbook
47. Trim your nails
48. Visit a museum*
49. Eat your favorite food
50. Take photos of nature
51. Make a playlist of your favorite songs
52. Do a puzzle
53. Play with a sibling
54. Go to the bookstore*
55. Google information on a different culture
56. Watch funny cat videos
57. Read a comic
58. Go outside and watch the clouds
59. Make a playlist of funny movies
60. Turn up the music and dance
61. Make a list of people you look up to and why
62. Practice deep breathing exercises
63. Walk barefoot in the grass
64. Read an inspirational book
65. Write in a gratitude journal
66. Do an arts and craft activity
67. Start an art journal
68. Have a good laugh
69. Practice progressive muscle relaxation
70. Volunteer in your community*
71. Draw or color Zentangles
72. Draw or color Mandalas
73. Unplug and spend time in nature
74. Go stargazing
75. Make a fairy garden
76. Look at family photo albums
77. Read inspiring quotes
78. Listen to running water
79. Snuggle under a cozy blanket
80. Fly a kite
81. Write a love letter to yourself
82. Make jewelry
83. Blow bubbles and be silly
84. Give yourself a self-massage
85. Day dream

*Ask for your caregiver's permission