



# November Self-Care Kids Calendar 2020

SELF-CARE SUNDAY	MOVEMENT MONDAY	SELF-TALK TUESDAY	FAMILY WELLNESS WEDNESDAY	THANKFUL THURSDAY	FUN FRIDAY	SOCIAL SATURDAY
1  DIY <u>Calming Gitter Jar</u>	2  <u>Cosmic Kids Yoga</u>	3  Write or draw 2 things you like about yourself	4  <u>Family Rituals for Kindness + Compassion</u>	5  Create a <u>gratitude jar</u>	6  <u>Hot cocoa breathing</u>	7  <u>Netflix viewing party with a friend</u>
8  DIY <u>Stress ball</u>	9  Spend time in nature	10  Watch <u>Listening to My Heart</u>	11  Check out <u>Stand Tall Like a Mountain</u>	12  <u>Gratitude game</u>	13  Eat lunch outside	14  Send a snail mail letter to a friend
15  Pick a <u>growth mindset TV show</u> to watch	16  <u>GoNoodle movement at home</u>	17  Practice your <u>growth mindset affirmations</u>	18  Family self-care tips (click for <u>5 ideas</u> )	19  Make <u>gratitude flowers</u>	20  You plan dinner + help with the cooking	21  Playdate outdoors
22  DIY <u>Lava Lamp</u>	23  Rock it out to your favorite song	24  Try a <u>Loving Kindness meditation</u>	25  Hang up a <u>coping skills poster</u>	26  Before bed, say 1 thing you are grateful for	27  TV or movie night	28  FaceTime or Skype a loved one
29  Watch <u>Listening to My Body</u>	30  <u>Kidz Bop movement</u>	1	2	3	4	5