Self-Care Activities

This resource is a collection of self-care activities for students, families & educators to use throughout the school year. The goal of this resource is to proactively share and adopt daily activities and routines centered on self-care.

- **Reboot**
  - It's okay to take a break

- **Do Nothing for 2 Minutes**

- **A Soft Murmur**

- **Sound from nature**
  - Tune Into Forests From Around The World
  - Silence noise of nature

The content & art in this resource was designed & built by an ImmSchools high school student intern.
Think about something you are grateful for:
- Your family
- Your friend
- The sun
- The tree
- Even the cells inside your body.

Try daily affirmations:
- "I'm important"
- "I'm awesome"

For more resources, visit ImmSchools Student Hub.