SELF-CARE JAR

A creative way to establish Self-Care in your every day

SUPPLIES

- Jar
- Pen
- Blank pieces of paper cut into small strips
- Journal/Blank Paper to write on

SELF-CARE BRAINSTORM

- Going outside
- Journaling
- Meditation
- Listening to Music
- Exercise
- Make Bed
- Drinking Water
- Saying No things that don't align with your values
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BRING IT TO LIFE...

01 Dig deeper into the topic of Self-Care and facilitate a discussion of what Self-Care means to each individual. This can be led as a group discussion or journal prompts that participants can do individually.

Example Prompt Questions:
- What are things that make me happy?
- What are positive things in my life?
- Is Self-Care something I do every day?
- What do I do for Self-Care?

*Facilitator tip: have your own answers ready to share to increase comfortability in the space you are facilitating.

02 Share the importance of Self-Care being an every day thing to do and brainstorm self-care actions individuals can do. You can use the examples on the side and add your own!

03 On the slips of paper, have each participant write Self-Care items that they want to try or are already doing and put it in their jar.

BONUS *Decorate the jar and make it your own for it to look like true home decor.*

KEEP IT GOING

Now it is time to use the jar every day! Each day pick out a new Self-Care item to complete. Once you complete the task think about if it is a reasonable habit to put into your every day. *[For example, if making your bed was something you pulled from the jar, this can be a daily task]*

If the Self-Care item is something you can do every day, challenge yourself to see if you can do it for 21 days! After a couple days of pulling items out of the jar, you will have Self-Care habits you can intentionally make part of your every day!

BONUS *If you are running this activity with a club or class you speak with regularly , check in with each other and see how everyone is doing! Be each other's cheerleaders!*