

45 Self-Care Activities to Help Busy Kids Unwind and Take a Breather

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A self-care regimen isn't something that only busy parents who need "me time" should strive to have — kids, no matter their age, also need time to refresh and recharge mentally and physically, especially as they get older and more bogged down with school and work responsibilities. There are plenty of activities kids can engage in — whether alone or together as a family — that will help them to slow down, relax, take a breather, and hopefully feel less overworked, tired, and stressed.

Keep reading for the ultimate list of self-care activities that young families can do together, little kids can do with the help of a parent, and older kids can engage in on their own time.

Self-Care Activities for Kids

1. Go on a bike ride.
2. Read a book.
3. Take a bubble bath.

4. Listen to relaxing music.
5. Cook a meal.
6. Draw or paint.
7. Do a puzzle.
8. Have a dance party.
9. Drink a cup of tea or hot chocolate.
10. Play a board or card game with friends.
11. Talk about the good parts of their day with someone.
12. Snuggle with a stuffed animal.
13. Listen to their favorite song.
14. Meditate.
15. Hang out with friends.
16. Go for a walk.
17. Make up their bed with fresh sheets (toss them in the dryer for five minutes to make them warm!).
18. Eat a healthy meal.
19. Do yoga.
20. Mindlessly build with Legos or Play-Doh.
21. Lie outside and look for shapes in the clouds.
22. Share their feelings with someone.
23. Have a screens-free day.
24. Declutter old toys and clothes.
25. Make a gratitude list.
26. Sit in nature — at the beach, in a park, or wherever feels the most calming.
27. Take 10 deep breaths with their eyes closed.
28. Blow bubbles.
29. Stretch.

30. Write notes to people they love.
31. Brush their hair.
32. Visit a playground.
33. Drink a cup of water.
34. Play with a pet or take them for a walk.
35. Run around outside.
36. Lie outside and look at the stars.
37. Give someone a hug.
38. Call a friend.
39. Pick ripe produce from the garden or visit a farm.
40. Write in a journal or on a blog.
41. Splash in rain puddles.
42. Watch a favorite show.
43. Do something that always makes them laugh.
44. Exercise.
45. Craft something.