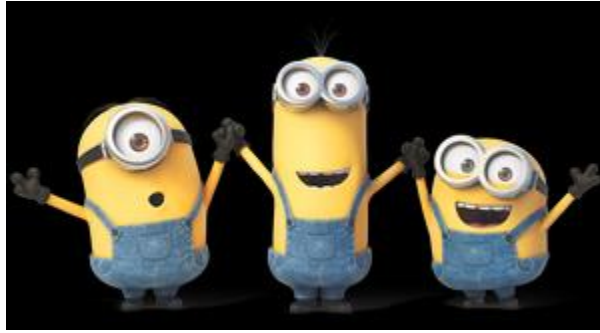


Self Care: K4-5TH



Do you feel stressed out or do you feel like it's too much going on? That's okay and that's normal even at a younger age. Sometimes you don't even know it's stress until it's too late, but with self care it can be prevented. Remember to always make time for yourself! In this activity there will be different self care and stress relief routines you can take part in.

Activities- Let's Express Ourselves!:

In this activity we will use art as a way for kids to destress. Using different forms of art can help kids relieve their stress and you can also use it to show how you feel.

Art: Kids can draw how they feel or be openly creative and draw whatever comes to mind. They can make arts and crafts to help them have more fun. The link below has good ideas for arts and crafts for children.

<https://www.thesprucecrafts.com/10-minute-crafts-for-kids-1250670>

Music & Dance: Music and dancing is a great way to help children destress and have lots of fun. Play songs they like and let them have a dance off or let the kids create their own routine so they can dance together.

Baking: Baking is a great and yummy way to help kids destress. You can bake whatever you want, but the key is to decorate them when your baked goods are done. You can find many recipes online.

Pro-Tip: Let the kids decide on what they want to do for each activity if they can;t decide make suggestions. You can put your own twist on each activity. The possibilities are endless!!!