

100 Ways to Support Myself During Quarantine

A worksheet for parents

20 Ways to Support My Mental Health:

5 Ways to Bring Myself Joy:

5 Positive Affirmations:

5 Inspiring Songs to Listen To:

5 Ways to Connect with Others:

20 Ways to Help My Physical Health:

5 Healthy Snacks:

5 Ways to Add Movement into the Day:

5 Healthy Meals to Eat Regularly:

5 Regular Practices to Care for My Body:

20 Forms of Relaxation and Entertainment:

5 Sources of Listening:

5 Sources of Reading:

5 Sources of Watching:

5 More Ways to Relax:

15 Ways to Progress My Personal Growth:

5 Goals or Habits to Work On:

5 Inspiring People to Learn From:

5 Inspiring Quotations to Memorize:

15 Positive Activities for the Kids:

3 Ways of Connecting:

3 Family Traditions:

3 Creative Explorations:

3 Inside Games:

3 Outdoor Activities:

10 Things I'm Grateful For Which I Can Focus On: