

## Self-care Menu

### 1. Write in a journal

#### Prompts:

- Write a 'train-of-thought' style where you write whatever comes to mind, 'it's cold outside, there's a lot of snow' or 'this is stupid, I can't think of anything to write'
- What is the best song ever written?
- What is one item you can't live without?
- Write a list of 15 songs that can lift your mood
- Name three things you are grateful for
- Describe your 'happy place,' somewhere you have been or either imagined that gives you all the positive vibes

### 2. Choose an article from National Geographic to learn more about the world

- Go to [https://www.nationalgeographic.org/education/resource-library/?q=&page=1&per\\_page=25](https://www.nationalgeographic.org/education/resource-library/?q=&page=1&per_page=25)
- Select from various grade levels, activities and topics and be prepared to tell us what you chose

### 3. Learn more about meditation and mindfulness

- What is mindfulness? <http://mindfulnessforteens.com/what-is-mindfulness-anyway/>
- Read about different meditation apps <https://www.teenvogue.com/gallery/meditation-apps-to-try-now>
- FAQ about meditation <https://health.clevelandclinic.org/how-to-use-meditation-for-teen-stress-and-anxiety/>
- You are not your thoughts video <https://www.youtube.com/watch?v=0QXmmP4psbA>
- Try a guided meditation <http://mindfulnessforteens.com/guided-meditations/>

### 4. Write out your favorite recipe and share it with the group

### 5. Pick your favorite musician/artist/actor and research about their life. Tell the group what you learned. See if you can find out where they were born, how they got so good at what they do, and one fun fact about them.

### 6. Draw or color

- Take a pre- and post-assessment of yourself informally before starting coloring and after finishing. Rate on a scale from 1-10, with 1 being totally relaxed and 10 being the worst stress you have ever felt. Choose a number from 1-10 for both before you start coloring and choose again 1-10 after you finish.
- Doodle on paper
- Color mandala online, you can even design your own colors <https://colormandala.com/main/color/3beb4502bd16ab9b0b0c3f1f3dea505a>
- Choose from different scenes and pictures and color in online <https://coloringbook.pics/category/antistress-colorings/>

7. Learn more about mental health
  - Explore the Teen Mental Health website and tell us what you found interesting <https://teenmentalhealth.org/>
  - Explore Reach Out website <https://au.reachout.com/>
  - Both the Center for Young Women and Young Men's Health have info on emotional health, including test anxiety and depression <https://youngwomenshealth.org/>  
<https://youngmenshealthsite.org/>
  - Take a wellness assessment <https://static1.squarespace.com/static/5b54fe275ffd2051be834f8c/t/5c5c9e8c9140b77d1c907638/1549573784643/Teen+Self+Assessment.pdf>
  
8. Learn about current events and tell us what you learned
  - The New York Times/Scholastic Upfront <https://upfront.scholastic.com/> (related mostly to social studies and language arts)
  - Smithsonian Tribute <https://www.tweentribune.com/category/teen/> (from the Smithsonian Museum)
  - Huffington Post for Teens <https://www.huffpost.com/section/teen>
  
9. Design your ideal school right now. Either draw a picture or write out answers to the following questions:
  - Where is your ideal school?
  - What are the teachers like at your school?
  - What are the other students like?
  - How many hours a day do you have to attend your school?
  - What sort of work or assignments do you have to do?
  - How do you know if you're successful in your school?
  
10. Research your future possibilities. If you have a few ideas of what you want to do when you graduate, research your prospective career paths. If you're interested in becoming a chef, maybe Google culinary school. Not sure where to start? Explore the websites below to get some ideas and maybe take the career test. Interested in college? Google your college of choice and find out what it's like to go there. Not college-bound? Check out the article on alternatives.
  - List of jobs <https://www.careeronestop.org/Toolkit/Careers/Occupations/occupation-profile.aspx>
  - Career Test <https://www.yourfreecareertest.com/career-tests/free-career-test-for-students/>
  - Alternative to College <https://www.teenvogue.com/story/5-alternatives-after-high-school-not-college>