

# The Weekly Self-Care Checklist

## Instruction page



### 1 Activity Type

**Age:** 5-18+

**Participation Style:**  
Solo activity  
1-1 activity

**Theme:**  
Mindful, reflective & self-care tracker

**Resource Format:**  
Independent worksheet  
PDF interactive worksheet

**Challenge Level**  
**EASY**

### 2 General Activity Info

#### The Weekly Self Care Checklist

This is a self-care check list designed to help participants track the positive habits they've achieved throughout the week. They can tick off various activities they've completed, and also create their own self-care routines. It's important to have a conversation with participants to identify which routines are most **meaningful** to them. By doing this, you can ensure they have a balanced and caring approach to their week, promoting their health and wellbeing.

This resource document also includes a simplified version with fewer tasks, where images can replace words, or participants can draw their own tasks. Additionally, there is a page featuring popular wellbeing activities that you can print out and laminate for repeated use. Another page provides suggestions for wellbeing activities that participants might choose to incorporate into their week.

#### Top Tip:

Try to make tasks as specific as possible, especially for participants who may become overwhelmed by broad goals. For example, instead of just “organise your space” you could suggest “make your bed” or “clear your desk,” which are more achievable tasks. On the other hand, some participants might prefer open-ended tasks. It’s a good idea to have a discussion and explore what works best for each individual.

### 3 Materials Needed

- A printed copy of the resource/checklist.
- A pen (using a specific pen to mark off tasks can help encourage regular use of the resource).
- A dry-erase marker if you plan to laminate the sheet.
- bluetack if you choose to use and laminate the images.

### 4 Step by Step Instructions

1. Select a self-care check list template of their choice from the resource pack and print.
2. Have a discussion with the participant and set some weekly self-care goals they'd like to achieve. Encourage them to write down their goals and then tick or colour in the circles for each day they complete an activity (the letters above the circles correspond to the days of the week).
3. At the end of the week, review the checklist together and reflect on their progress.
4. Feel free to use images instead of words, some of the self-care checklists templates come with a blank space where images can be used and swapped out each week.

**Top Tip:** You could laminate the sheet and images and use a whiteboard pen to mark off completed tasks, making it a reusable tool for future weeks.

These are examples activities can be tailored to suit individuals of all ages, helping them feel physically, mentally, and emotionally balanced and cared for. It's important for everyone to choose activities that resonate with them and make self-care a priority in their routine. Remember, sticking to a routine requires patience and discipline – skills that some of our participants may still be developing. Be kind and patient with them, and if one activity doesn't seem to work, try another. There are plenty of resources available on our site, but it's important to give each activity a fair go and some time before moving on to something else.

#### **Physical Self-Care Activities:**

1. Drink at least 3 glasses of water.
2. Eat a balanced diet everyday.
3. Sleep at least 8 hours per day.
4. Exercise for 20mins per day.
5. Make sure the day consist of an activity away from the digital screen for at least 1 hour.
6. Get outside for fresh air and sunshine for 20mins everyday.
7. Stretch or practise yoga for 20mins everyday.
8. Maintain good hygiene (e.g., shower, brush teeth, wash face) everyday.
9. Take care of your skin (e.g., moisturise, sunscreen, skin care routine).
10. Go for a walk for 20mins everyday.
11. Go to bed before 10pm.
12. wake up before 10am.

#### **Emotional Self-Care Activities:**

1. Talk to a friend or someone you trust (friend, family, counsellor) for 10mins everyday.
2. Practice gratitude (write down or reflect on what you're thankful for) everyday.
3. Journal your thoughts and feelings everyday.
4. Express your emotions through art or writing every day.
5. Treat yourself with kindness and compassion everyday with small acts.
6. Do something that makes you feel proud everyday.
7. Listen to your favourite music or podcast.

#### **Mental & Cognitive Self-Care Activities:**

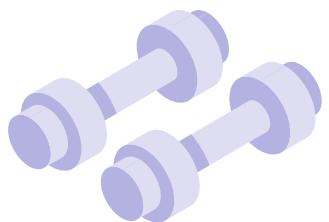
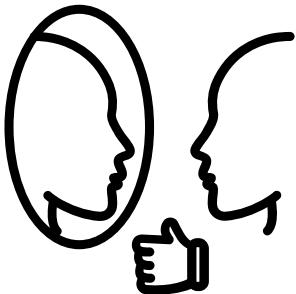
1. Read for pleasure everyday for 20mins.
2. Challenge yourself with puzzles or brain games for 20mins.
3. Engage in a hobby (e.g., drawing, knitting, coding) for 20mins.
4. Practice mindfulness or meditation or take time for reflection for 20mins.
5. Practise positive affirmations everyday.
6. Take up learning something new for 20mins
7. Create a to-do list or planner to organise tasks.
8. Try breathing exercises to calm your mind for 10mins.

#### **Social Self-Care Activities:**

1. Spend quality time with loved ones for 20mins every day.
2. Practice active listening in conversations everyday.
3. Give compliments or express appreciation to others everyday.
4. Plan social activities with friends or family.
5. Spend time with pets or animals for 20mins
6. Volunteer or give back to the community.

#### **Creative Self-Care Activities:**

1. Engage in creative arts (painting, drawing, crafting, scrapbooking) for 20mins everyday.
2. Try a new recipe or bake something special.
3. Take photographs of something that makes you happy everyday.
4. Decorate or reorganise your space.
5. Dance or move your body to music for 20mins everyday.
6. Try colouring or adult colouring books.



# Self Care

DATE:

## CHECKLIST

	M	T	W	T	F	S	S
1.....	○	○	○	○	○	○	○
2.....	○	○	○	○	○	○	○
3.....	○	○	○	○	○	○	○
4.....	○	○	○	○	○	○	○
5.....	○	○	○	○	○	○	○
6.....	○	○	○	○	○	○	○
7.....	○	○	○	○	○	○	○
8.....	○	○	○	○	○	○	○
9.....	○	○	○	○	○	○	○
10.....	○	○	○	○	○	○	○

## NOTES

---

---

---

# Self Care

DATE:

## CHECKLIST

	M	T	W	T	F	S	S
1.....	○	○	○	○	○	○	○
2.....	○	○	○	○	○	○	○
3.....	○	○	○	○	○	○	○
4.....	○	○	○	○	○	○	○
5.....	○	○	○	○	○	○	○
6.....	○	○	○	○	○	○	○
7.....	○	○	○	○	○	○	○
8.....	○	○	○	○	○	○	○
9.....	○	○	○	○	○	○	○
10.....	○	○	○	○	○	○	○

## NOTES

# Self Care

DATE:

## CHECKLIST

	M	T	W	T	F	S	S
1.....	○	○	○	○	○	○	○
2.....	○	○	○	○	○	○	○
3.....	○	○	○	○	○	○	○
4.....	○	○	○	○	○	○	○
5.....	○	○	○	○	○	○	○
6.....	○	○	○	○	○	○	○
7.....	○	○	○	○	○	○	○
8.....	○	○	○	○	○	○	○
9.....	○	○	○	○	○	○	○
10.....	○	○	○	○	○	○	○

## NOTES

the  
therapeutic  
resource  
platform

# Self Care

DATE:

## CHECKLIST

	M	T	W	T	F	S	S
1.....	<input type="radio"/>						
2.....	<input type="radio"/>						
3.....	<input type="radio"/>						
4.....	<input type="radio"/>						
5.....	<input type="radio"/>						
6.....	<input type="radio"/>						
7.....	<input type="radio"/>						
8.....	<input type="radio"/>						
9.....	<input type="radio"/>						
10.....	<input type="radio"/>						

## NOTES

# Self Care

DATE:

## CHECKLIST

1.

M	T	W	T	F	S	S
<input type="radio"/>						

---

2.

M	T	W	T	F	S	S
<input type="radio"/>						

---

3.

M	T	W	T	F	S	S
<input type="radio"/>						

---

4.

M	T	W	T	F	S	S
<input type="radio"/>						

---

5.

M	T	W	T	F	S	S
<input type="radio"/>						

---

NOTES

---

---

the  
therapeutic  
resource  
platform

# Self Care

DATE:

## CHECKLIST

1.

M	T	W	T	F	S	S
<input type="radio"/>						

---

2.

M	T	W	T	F	S	S
<input type="radio"/>						

---

3.

M	T	W	T	F	S	S
<input type="radio"/>						

---

4.

M	T	W	T	F	S	S
<input type="radio"/>						

---

5.

M	T	W	T	F	S	S
<input type="radio"/>						

---

NOTES

the  
therapeutic  
resource  
platform

# Self Care

DATE:

## CHECKLIST

1.

M T W T F S S



2.

M T W T F S S



3.

M T W T F S S



4.

M T W T F S S



5.

M T W T F S S



NOTES

the  
therapeutic  
resource  
platform

# Self Care

DATE:

## CHECKLIST

1.

M	T	W	T	F	S	S
<input type="radio"/>						

---

2.

M	T	W	T	F	S	S
<input type="radio"/>						

---

3.

M	T	W	T	F	S	S
<input type="radio"/>						

---

4.

M	T	W	T	F	S	S
<input type="radio"/>						

---

5.

M	T	W	T	F	S	S
<input type="radio"/>						

---

NOTES

the  
therapeutic  
resource  
platform