

TAKE CARE OF YOURSELF

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TAKE CARE OF YOUR BODY



Eat regular, healthy meals.



Move, play, & sweat daily.



Keep your body hydrated.



Practice good hygiene.



Get a good night's sleep.

TAKE CARE OF YOUR MIND



Learn something new.



Find healthy distractions.



Practice relaxation skills.



Build a daily routine.



Name & share your feelings.

TAKE CARE OF YOUR HEART



Spend quality family time.



Play, dance, be silly.



Stay in touch with friends.



Be proud of vourself.



Find new adventures.



TAKE CARE OF EACH OTHER

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TAKE CARE BY STAYING HOME



Staying at home can help save lives.



When possible, avoid large gatherings.



Remind each other to get some fresh air!

TAKE CARE BY STAYING SAFE



Wash your hands frequently for 20 seconds at a time.



Avoid high-risk play that could lead to getting injured.



Taking care of yourself means being able to care for others.

TAKE CARE BY BEING PRESENT



Practice being a good listener for your family.



Don't let distractions let you grow distant from each other.



Remember to practice gratitude for all of the little things.



TAKE CARE OF THIS HOME

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KEEP YOUR HOME CLEAN



Spend time doing chores every day.



Let some fresh air and light in.



Wipe down counters, doorknobs, and other high-contact areas.

KEEP YOUR HOME STRUCTURED



Build family routines.



Do your best to follow a family schedule.



Make sure everyone feels involved and appreciated!

KEEP YOUR HOME HAPPY



As much as possible, remember to laugh!



Get creative with safe, fun activities around the house.



Listen to music, dance, sing... whatever it takes to make some happy memories!