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Easy Self-Care Activities: Help Your Homeschool Kid Reset and Get Ready for Daily Life

We are parents, which means we always prioritize our kids' needs and happiness. But between homeschool, extracurricular activities, and other commitments, it's easy for our little ones to get burned out and overwhelmed.

That's why teaching our children the importance of self-care from a young age is crucial. It not only helps them relax and recharge but also instills healthy habits that they can carry into adulthood. [The Game Plan Game](#) explores different self-care activities that can help your child reset and go into each day refreshed!

Sleep Routine

No one needs to tell you that a well-rested child is one of the keys to a happy household. And what better way to ensure your child is getting the best sleep possible than with a new full-size mattress? Purchasing a mattress that's versatile, comfortable, and supportive can make all the difference.

Sure, you may pay a little more for extra features like an extended warranty or eco-friendly materials, but it'll be worth it when you see your child waking up feeling refreshed and energized. If you're struggling to help your child [get into a steady sleep routine](#), invest in a new mattress that will help them feel ready to take on the day ahead.

Mindfulness Exercises

Mindfulness is another fantastic form of self-care to help your child engage in. Tutor Doctor notes that mindfulness activities are [great for reducing stress](#), boosting focus, and promoting relaxation. Belly breathing and other simple breathing exercises can help kids calm their bodies and minds.

You can also try meditation or guided imagery exercises. Apps like Headspace and Calm offer excellent resources for children. Moreover, simply noticing sensations in their body, taking in their surroundings, or practicing gratitude can help your child become more mindful!

Create an Aromatherapy Corner

Another fun activity to try with your kid is to make an aromatherapy corner at home. Get a few essential oils and let them choose their favorite scents.

They can mix and match different oils and create their own blends which can [help them relax and reenergize](#). Once they have their oils, they can use them to make a bath soak, put them in a diffuser, or enjoy water-diffusing bracelets. The possibilities are endless!

Exercise (The Fun Kind)

We all know that exercise is great for our physical health, but it's also a marvelous way to take care of our mental health. Encourage your child to get active with you; go for a bike ride, a hike, or a swim at your local pool. Cleveland Clinic points out that physical activity [helps to release endorphins](#), which can improve your mood and reduce stress and anxiety. Plus, it's a fun way to bond with your child and stay healthy together!

If you are unsure of what kind of fitness equipment to buy, or you are overwhelmed by all the options, [use reputable review sites for guidance](#). The right sites offer expert product reviews, and ratings to ensure your purchases are informed and worth it!

Wellness Exams

Wellness exams are of paramount importance in maintaining and promoting one's overall health and well-being. These routine check-ups serve as proactive measures to detect and address potential health issues before they escalate into more serious conditions. The good news is that wellness exams are [typically covered by insurance](#) and a basic piece of self-care. Whether

you're enrolled in an ACA marketplace plan or covered by Medicaid, check with your provider to make sure you have adequate coverage.

Creative Activities

Engaging in creative activities (e.g., painting, drawing, building crafts, etc.) can help kids express themselves and clear their minds. It's also a wonderful way for them to spend quality time with their friends or family. Get some supplies and choose an activity [for your next family night](#). And watch your child develop better fine motor skills, self-esteem, and creative output!

Taking a Break Outside

Sometimes the best form of self-care is to simply take a break. Go outside and have a walk with your kids. Whether it's at a local park or in your own backyard, being outside can help clear your mind, reduce your stress, and reset your brain. It's also an excellent way to reconnect with nature and each other! If you don't happen to [live in a walkable neighborhood](#), find out what nearby park or other neighborhood has a high Walk Score of 70 and above and make it a point to frequent those spots.

Wrapping Up

Self-care is essential for our children's well-being, and it's important to teach them about it. From aromatherapy to exercise to spending time outdoors, your child can learn to recharge so they're ready for the days ahead.

Ultimately, we must always remember to prioritize our kids' mental health and instill healthy habits in them that will serve them well into adulthood. Take it one day at a time, and celebrate any progress you see along the way!

The Game Plan Game is an interactive board game to help children navigate our terrifically amazing, sometimes risky, always exciting world. Order your game today or [contact us to learn more!](#)