

50 SELF-CARE ACTIVITIES ADULTS CAN DO WITH CHILDREN

- Have a dance party
- Play a game
- Unplug and read a book
- Exercise
- Go for a bike ride
- Go for a walk or a hike
- Cuddle up and watch a movie
- Paint your nails
- Diffuse essential oils
- Draw, paint, or craft
- Journal
- Write a collaborative story
- Bake or cook a meal
- Order take out or go out for supper
- Drink warm beverages
- Do some [Mad Libs](#)
- Just play!
- Watch music videos on YouTube
- Go swimming
- Go to the library and pick out books
- Tell jokes
- Meditate
- Do yoga
- Blow bubbles
- Garden
- Go on a picnic
- Swing at the park
- Go out for ice cream
- Give each other back or foot massages
- Call or FaceTime with family or friends
- Watch funny videos on YouTube
- Listen to music
- Take a nap
- Learn something new (instrument, language, hobby, etc.)
- Listen to an audiobook
- Write poetry
- Skip rocks on a pond
- Make an inspiration collage
- Go fishing
- Go berry picking
- Explore a new museum, park, or area of your town or city
- Scrapbook
- Take silly pictures together
- Write things you like about yourself and your child on a list and have them to do the same
- Plan a trip to somewhere you've never been before
- Do a puzzle
- Brush and/or braid each other's hair
- Lay in a hammock and cuddle, read a book, and/or talk
- Build a fort and play a game or read a book inside the fort
- Go to a pet store and watch the fish swim