

IDEAS FOR

# TAKING CARE

EVERYDAY

#TakeCareIsTheCurriculum

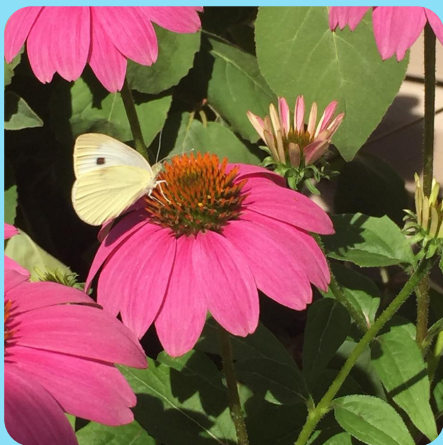


## MIND

READ, WRITE, TELL STORIES, LISTEN TO STORIES, PRACTICE ANOTHER LANGUAGE, REFLECT, WORK OUT A PROBLEM, INVENT SOMETHING, PLAY CHESS OR DO A PUZZLE, MAKE A PLAN, WATCH A DOCUMENTARY, GET PLENTY OF SLEEP, OXYGENATE...

## BODY

TAKE A LONG WALK, TAKE A NAP, STRETCH OR DO YOGA, DANCE, PRACTICE A MARTIAL ART, PLAY A SPORT, CLIMB, SWIM, RUN, JUMP, WEAR SUNSCREEN, EAT SOMETHING HEALTHY, TAKE VITAMINS, FLOSS, GET A HEALING TREATMENT, HYDRATE...

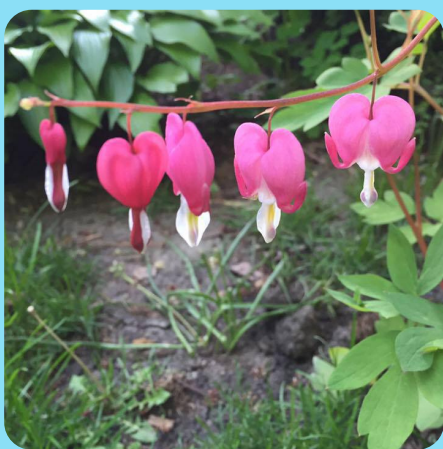
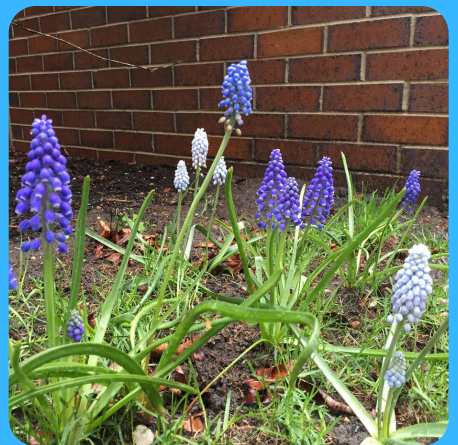


## SPIRIT

HAVE A LONG TALK, GO OUTSIDE, ENJOY SUNSHINE, MAKE MUSIC OR ART OR SOUP, JOURNAL, PRACTICE A THING DEEPLY, TRY SOMETHING NEW, DO ONE THING YOU'VE BEEN AVOIDING, PET A PET, LISTEN TO MUSIC OR RAIN, MEDITATE...

## SPACE

TIDY UP INSIDE, TIDY UP OUTSIDE, DUST LIGHTLY, CLEAN DEEPLY, MAKE SOMETHING SHINE, FIX A BROKEN SOMETHING, REPLACE WORN OUT THINGS, CARE FOR PLANTS & PETS, MAKE A MEAL OR BAKE A TREAT THAT SMELLS DELICIOUS, DECORATE, CURATE...



## FAMILY

TELL JOKES & LAUGH, PLAY, ASK RIDDLES & DEEP QUESTIONS, WRITE TO SOMEONE YOU MISS, HANG OUT IN A HOMEMADE FORT, SEND A CARE PACKAGE, TAKE CARE OF MIND, BODY, SPIRIT, SPACE OR WORLD--TOGETHER, COLLABORATE...

## WORLD

OBSERVE SURROUNDINGS, REALLY LISTEN TO OTHERS, FOLLOW THE NEWS, EXPLORE NEW PLACES & IDEAS, REDUCE, REUSE, RECYCLE, VOLUNTEER, WRITE/ CALL/ SPEAK OUT, DONATE, STAND UP FOR JUSTICE, FELLOW HUMANS & EARTH, ACT WITH LOVE, EDUCATE...

