

SELF-CARE TIPS FOR MIDDLE SCHOOLERS

GLASTONBURY
YOUTH & FAMILY SERVICES
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- Stay connected to friends.
- Remember to eat some vegetables and get plenty of sleep.
- Take breaks during school day to: move around, stretch, do jumping jacks, draw, color mandalas, play with slime or listen to music.
- Go on a walk with your family.
- Schedule a virtual hang out with your friends to make bracelets together or do a virtual movie night.
- Spend time cuddling with your pet.
- Keep a journal to write 1 positive thing each day.
- Limit your social media each day.
- If the weather is nice, go outside if you can.
- Write a song or a poem.
- Try out a new recipe with your parents.
- Build a blanket fort in your house.
- Do at least one activity that you enjoy everyday (read a book for fun, call a friend, sing, play video games, go for a bike ride with your parents, play basketball with your sibling, make a collage).
- Make your own stress balls with flour and balloons.
- Take a quiet time out to breathe and count to 5.
- Write a letter to a grandparent or friend.
- Listen to your favorite song to start your day.
- Watch a movie or TV show that makes you laugh.

Provided by
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