**Self-Care Box**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Brain-Healthy Element** | **Mon** | **Tues** | **Wed** | **Thur** | **Fri** | **Sat** | **Sun** |
| **Sleep:** Did you get at least 8 hours of sleep last night?  |   |   |   |   |   |   |   |
| **Brain Food:** Did you eat healthy snacks, avoiding the processed and fast food? |   |   |   |   |   |   |   |
| **Water:** Did you drink at least 32 ounces (4 glasses) of water and skip the soda?  |   |   |   |   |   |   |   |
| **Exercise:** Did you exercise 30+ minutes?  |   |   |   |   |   |   |   |
| **Breathe:** When stressed, before responding did you breathe?  |   |   |   |   |   |   |   |
| **Teamwork:** Did you partner with someone (or a group) to accomplish a task?  |   |   |   |   |   |   |   |
| **Challenge:** Did you do something that forced you to expend some mental energy?  |   |   |   |   |   |   |   |
| **Limited screen time:** Did you spend less than 2 hours on recreational screen time (TV, videogames, internet, cell phone, etc.)? |   |   |   |   |   |   |   |
| **Laughter:** Did you have a good belly laugh and find joy in life?  |   |   |   |   |   |   |   |
| **Gratitude:** Did you show gratitude every day by acknowledging something or someone in an intentional way?  |   |   |   |   |   |   |   |

Adapted from *Relationship, Responsibility, and Regulation: Trauma-Invested Practices for Fostering Resilient Learners,* by Souers with Hall.