



SELF CARE

A-Z

wellness.asebp.ca

MATERIALS:

- Paper
- Pens or pencils

INSTRUCTIONS:

1. Divide participants into groups of two, three or four
2. Have one individual from each group write the alphabet vertically down the left hand side of the paper
3. Give the participants between five and 10 minutes to come up with different wellness words and/or phrases that start with each letter of the alphabet
4. Have the groups share their words/phrases aloud and tally up their points:
 - 0 points = more than one group has used the same word/phrase
 - 1 point = no other group has used the word/phrase

DISCUSSION:

Acknowledge the variety and diversity when it comes to self-care practices and encourage participants to take notes if they hear anything that they'd like to try. This activity is a good example that self-care can take several forms and is unique to the individual. For example, some practices are social and involve others (e.g. going for coffee with a friend, hosting a potluck with family or taking kids to the playground) while other practices are individual (e.g. taking a bath, going for a walk alone, colouring or watching your favourite television show).