



FAMILY SELF-CARE  
ACTIVITY BRAINSTORMING

Gather the family together and ask the questions below. The answers will help determine the family self-care activities.

What is your favorite:

Activity to do?

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Game to play?

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Movie to watch?

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Food or meal?

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Day of the week?

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Time of the day?

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Place to go?

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# OUR FAMILY SELF-CARE CHART

Date	Time	SELF-CARE ACTIVITY

