## Activity 1: Pamper and Love Yourself

This activity can be done at any age. Pampering yourself could be as simple as doing whatever activity makes you feel good or happy. Activities of self-care can help improve your mood and positively impact your physical and mental health. We’ve included a couple of self-care activities:

### At-Home Spa Day

Take time to yourself by soaking in the tub or taking a long, warm shower. Materials that can be used in your spa day include:

* bubble bath,
* shower steamer,
* sugar scrub (check the recipes in our next activity),
* soap,
* loofah,
* face mask,
* candle(s) for aromatherapy,
* etc.

You can use the items you have on hand or purchase in your favorite scent.

### Movie Night

Spend the night with your favorite movies or series, the ones that make you feel good. Don’t forget to include your favorite snacks, a comfortable place to sit or lay, and perhaps a cozy blanket or throw.

### Listen to Music

Break out your favorite music and let your body relax to the beat and rhythm of those groovy tunes.

These are just some of the activities you can do for self-care. Check online or in our catalog at <https://kstb.klas.com> for more self-care activities.