

17 Fun Self Care Activities for Groups

1. Getting in Touch With Nature

Our mother nature has the solution to every problem. Prepare your backpacks and have an awesome Camping or Hiking near nature with your group.

2. Hug the Gardening

Gardening is one of the best healthy and stress reliever hobbies. Some people love to do gardening for organic and delicious food. But Gardening is an excellent way to relieve anxiety and negative thoughts. Along with fresh produce, gardening allows you to get into the sunshine and fresh air which are positive for your body and mind as well.

3. Fun with Pictures... my favorite one!

Take some dorky childhood pictures of you and post them on social media with something special hashtag such as #throwbacktuesday

Ask other friends to do the same. This is gonna so fun.

4. Watch & Chill

Watch funny videos on Youtube or host a group movie night over the weekend.

5. Cook. Eat. Happy.

Invite your friends to cooking and eating together. Because food is the ingredient that binds us together.

Out of Recipes? Here are [21 recipes to cook with your friends.](#)

HAPPINESS IS



...cooking with friends
and eating together.

6. Impersonations or Funny Dress Competition

Choose any character you love.

Maybe your famous Singer, a television personality or the queen of England or maybe the king?

It would be so funny to see how bad you are at it. Or you can decide a funny attire for your meetup.

7. Share personal goals on a whiteboard

Take a Whiteboard, say people to write down their personal wellness goals. Such as “I will join yoga classes”, “I will be Vegan from next month” etc. These healthy goals inspire others too. This means a win-win situation.

8. Music and Dancing

It’s almost impossible to find a person who doesn’t like Music. When we listen to music our mind releases Dopamine, a feel-good hormone.

Music is a therapy that lowers the blood pressure levels, enhances concentration and eases depression.

Play music and start dancing don’t be embarrassed about your moves, just dance like a kid.

9. Singing Your Heart Out

Someone said, “Without Music... Life Would Be a Mistake”

Sing even if you don’t know how to sing. Just let your Heart Sing. You can make up your own lyrics too.

Singing daily for at least 10 minutes reduces stress, clears sinuses, improves posture and can even help you live longer.

HAPPINESS IS



**...singing
in a choir.**

10. This Gonna be so Funny

A funny dress competition? You say... we have already done that.

No, because this time it is for your pets. Yeah, You heard that right.

You can plan for a fun competition for your dogs and pets. Your pets will look so cute in those pretty costumes.

11. Embrace the Joy of Giving

A Chinese saying: “If you want happiness for an hour, take a nap. You want happiness for a day, go fishing. You want happiness for a year, inherit a fortune.

If you want happiness for a lifetime, help somebody.” You know how happy you feel receiving gifts. The same goes for Giving and Helping someone.

There are many ways of helping others to better their lives. You can donate to your local charities, clothes from your closet you are no longer using, etc.

12. Yoga and Meditation Class

Many studies have found and proven that Yoga and meditation have the power to cure any kind of depression and negative thoughts. Yoga clears the mind and relaxes the body. Plan for a Group Yoga Class including [stress-relieving yoga poses](#) and breathing exercises.

13. Challenges, Games, and Contests

Need some good ideas? Check [this post](#) with 20 insanely simple games that surely make you laugh.

14. Go Out Feel Fresh

Plan a visit to your local Farmer’s Market and bring some fresh vegetables and fruits. It’s gonna something different. You can also consider going antique shops, museums, church or any other spiritual community place.

15. Volunteering

Volunteering is not only good for your community and Society, but it is also good for you too. You are learning new skills, giving some good message to society. So it would be a good idea for your group to volunteer and educate society with a great message.

16. Solve the Puzzles

Solving puzzles can keep your mind engaged and busy, far from the stress and any negative emotions. This busy brain time allows your brain to a fresh start to work. There are many types of puzzles available for groups such as Wool Webs, Impromptu Skits, etc. Just google for some good puzzles for groups.

17. Drawing and Painting

Something like the puzzles, drawing, and painting would be a great idea to distract yourself from the negative environment and stress. And the end piece that you made, will make you happy. You can organize a funny drawing competition with your group or family members.

Favorite Activities

Below are a few activities we recommend if you are looking for ways to build or expand upon your self-care regimen.

1. Meditation

There are not many activities that I see as more restorative in the long term than meditation. Taking time to reconnect with ourselves through meditation can help us live more in line with our values.

Meditation in a group setting can be incredibly motivating and inspiring. For a resource on selecting the type of meditation that can work for you, read this article investigating the [differences between mindfulness and meditation](#).

2. Mindful conversation

A mindful conversation is a great act of self-care. It involves listening with your full attention, [expressing yourself](#) honestly, choosing your words thoughtfully and carefully, and suspending judgment.

Finding a partner or [mindfulness activities group](#) to engage in this type of conversation can not only be self-care on its own, but can also help you learn new self-care habits from others.

3. Exercise in nature

Any type of exercise is great, but exercising in nature can be incredibly soothing. Going for a [mindful walk](#), run, hike, or bike ride in a scenic, natural setting is an excellent form of self-care.

Many group exercise classes are held outdoors. Consider joining a group or club that organizes outdoor adventures.

Fun Exercises for Groups of Children

It is so important to teach children about self-care.

Kids today are under a lot of stress and have to do more school work on a computer than ever before. It is important to teach children that fun can exist without a screen.

A good start for helping children deal with stress and anxiety is to teach them mindfulness skills with the following exercises:

1. Mindful breathing

We often think of breathing as an automatic activity, and it certainly is. However, with practice, we can get even better at breathing, and having the skills to breathe calmly and deeply can help children deal with anxiety and stress.

Here are two mindful breathing exercises that you can use with children, both in groups and individually.

Rock breathing

Have the children lie down and give each one a small rock that has a good weight to it. Instruct each child to put the rock on their belly and to breathe deeply, into their belly, so that they can feel the rock rise and fall. Set a timer for perhaps three or five minutes as a start, and make sure that the room is silent.

You can repeat this activity and increase the length of it each time. This activity teaches children about belly breathing, which can calm an anxious mind.

Blow out the candle

Give each child a feather, or if you do not have a feather, instruct the children to stick up their thumbs. Tell them to pretend that each feather (or thumb) is a birthday candle that they have to blow out.

Have them breathe deeply, and then exhale slowly and powerfully to blow out the candle. Repeat a few times, and have the children debrief, perhaps noticing a new feeling of calm.

2. 'Say what you see' game

The 'Say what you see' game was created to help children with ADHD become more mindful of their surroundings (Burdick & Hallowell, 2018). However, it can have a grounding effect on all kids, quieting their minds as they tune into the environment around them.

Here are the steps of the game (Burdick & Hallowell, 2018). To set up, give each child a piece of paper and a pencil:

1. Have the kids draw a picture of their surroundings.
2. Have them take a deep breath.
3. Have them look to the right and say what they see.
4. Look to the left and say what they see.

5. Look in front of them and say what they see.
6. Look behind them and say what they see.
7. Look up and say what they see.
8. Look down and say what they see.
9. Then flip over their paper and have the children draw a picture of everything they can remember about where they are.

To debrief, have the children talk about the differences between the two pictures. What is on the second drawing that wasn't on the first? What did they notice after slowing down and breathing? How did it feel to do the exercise?

3. Fun without screens

This self-care activity is up to interpretation, but it is of great importance for kids who may be spending all day on computers for school. Here are a few suggestions for having fun without screens:

- Have a pillow fight
- Have a dance party
- Go for a walk in nature
- Pet a dog or cat or another furry animal
- Bake cookies or another delicious thing
- Make up a game
- Tell jokes

3 Ideas for Student Groups

The life of a student can be one of multiple stressors, conflicting roles, and work overload.

Self-care interventions have had promising results in student communities, including reducing stress, increasing mindfulness, and other positive physical, emotional, mental, and spiritual changes (Schure, Christopher, & Christopher, 2008).

Below follows a few self-care activities that are effective in different studies of student populations. These suggestions are in addition to basic self-care practices such as exercise and sleep.

1. Physical contemplative practice: Yoga, tai chi, or qigong

Each of these practices involves slow, purposeful movement with an emphasis on breathing and calming the mind. They can be done in a group or independently.

Graduate students who practiced one of these three practices reported positive changes such as increased comfort in their bodies, increased ability to deal with

negative emotions, and the ability to take responsibility for and communicate feelings (Schure et al., 2008).

Students described these activities as a “*high yield investment*”; spending an hour each day in these activities improved their entire day (Schure et al., 2008).

2. Mindful Eating

Students live such busy lives that sometimes eating can be an afterthought. Although healthy eating is always a good idea, it is not always possible for students to cook for themselves. Regardless of what they are eating, students can still practice mindful eating.

Mindful eating involves bringing present-moment, non-judgmental awareness to mealtimes. It starts with keeping mealtimes sacred by avoiding multitasking: no studying or watching TV during mealtimes.

Eating slowly, chewing well, and practicing gratitude for the food you are eating are all helpful steps toward mindful eating. The practice is one example of how to fit mindfulness into an already busy schedule.

3. Practice one non-school-related self-care activity per week

What you do for your weekly self-care activity is up to you, but you must do it. Setting a weekly self-care goal was a vital component of a brief stress-management intervention for medical students (Greeson, Toohey, & Pearce, 2015).

Students picked one activity to do for an hour each week. In addition to the mindfulness practices mentioned earlier, this activity helped decrease perceived stress and increase mindfulness (Greeson et al., 2015).

If medical students can find an hour to do something relaxing each week, so can other students. The trick is in the scheduling. For the most success, pick an hour at the beginning of each week and stick to it.

Workplace Self-Care: 4 Activities for Employees

The workplace can be extremely stressful.

It's a place where performance demands can result in an ever-present pressure to do more, causing burnout and other kinds of suffering.

Here are four suggestions for group-based workplace self-care activities.

1. Start a book club

Sometimes talking with coworkers can be a drag, especially if there is nothing to talk about besides work. Starting a book club with colleagues can give you common ground for conversations that feel more refreshing than workplace gossip or complaining.

2. Pet-friendly workplace

Employees who work from home experience the benefits of having their furry companions around while they work. Workplaces could be well served by allowing employees to bring dogs to work.

This practice can also take the pressure off of pet owners to find others to walk their dog, helping them to feel less burdened and more satisfied at work.

3. Group Fitness

If your company has the resources for it, consider adding group fitness classes to your perks list. Exercise in the middle of the day can help employees feel more energized and happy as the day goes on.

If group fitness isn't available, consider using your lunch break to get your blood pumping, walk with coworkers, or practice yoga.

4. Practice Self-Compassion

This recommendation goes for employees and bosses alike. Self-compassion is an exciting addition to any workplace self-care intervention. By extending kindness to yourself during times of stress, you will be more able to advance understanding and compassion to others.

This type of thinking can have a snowball effect on an organization. Whether you are interacting with coworkers in person or through your computer screen, consider treating yourself with kindness during difficult times as a way of helping your organization as a whole (Devenish-Meares, 2015).

Exercises for Teachers and Counselors

Teachers and counselors each have stressful jobs that can require a large amount of emotional labor. Many of these professionals enter these fields because of a desire to help others and be with people.

However, if teachers and counselors are not at their personal best because of stress or isolation, they cannot be at their best when helping their students and clients. Below are some self-care suggestions specific to teachers and counselors.

1. Attend therapy or supervision

It can be emotionally taxing to always be on the therapist side of the dyad or the classroom's teaching side. Attending personal therapy can give the therapist space and opportunity to work through personal issues, allowing them to be more fully present in the therapy room.

Supervision can help the therapist "zoom-out" and see client issues from a different perspective. Having a supervisor's input can make your work easier and more effective.

2. Spend time alone

Both of these professions require many hours of interpersonal contact, and taking time to be alone can help you recharge (Baker, 2020). Find a meaningful way to spend your time alone, meditating, exercising, or doing another activity that you enjoy.

3. Learn a new skill

Counseling and teaching require practice, training, and dedication to improving your craft. However, with so much time spent performing your work activities, it can be easy to feel like you are "*in a rut*" (Baker, 2020).

Spending time to learn a new skill, such as knitting, cooking, or playing an instrument, can help make your life more varied and interesting. Be sure to pick a skill that is meaningful to you to enjoy the process and the fruits of your labor.

4. Carve out time to talk with colleagues

Each of these professions has unique demands and pressures that those in other industries may not understand. They are also usually performed alone, as you are the only professional in the classroom or therapy room.

Carving out time each week to connect with your colleagues can help you feel less isolated and remind you that you are part of a supportive community of professionals (Baker, 2020).

Joining a community of like-minded professionals to connect with is invaluable. Suppose you sign up for the [Positive Psychology Toolkit©](#). In that case, you will not only have access to over 400 tools and resources, but you can also access the Positive Psychology community, where lively debates and discussions on a diverse array of topics provide stimulation and support.

PositivePsychology.com Tools

If you are looking for more concrete self-care tools to use with your clients, look no further than our above-mentioned [Positive Psychology Toolkit©](#), full of activities to help your clients.

Below follows a few worksheets and suggestions, all of which are dedicated to self-care.

1. Self-Care Checkup

Sometimes clients do not realize the importance of self-care, but everyone takes part in caring for themselves somehow. The [Self-Care Checkup](#) is an excellent starting place for clients to consider areas of self-care. This list prompts your client to think about how they care for themselves.

2. Self-Care Vision Board

A vision board is a visual representation of a concept or idea using images, illustrations, and words. The [Vision Board](#) worksheet can help you lead your client in the creation of a vision board.

The process of creating the vision board can be intuitive and fun, a self-care activity in itself. Once the vision board is made, it can be placed in an area frequently visible to the client, serving as a prime or reminder for self-care.

3. Managing Toxic Relationships

Good relationships can be one of our most significant sources of happiness and support, but toxic relationships can be a significant source of distress and misery. Sometimes it is difficult to recognize that a relationship is unhealthy and know what to do about it when you realize it is no longer serving you.

The [Managing Toxic Relationships](#) tool was created to help clients recognize toxic relationships and then to offer guidance on how to manage these relationships.

4. The Self-Care Wheel

This useful article considers the [Self-Care Wheel](#) as the perfect tool to assess burnout, with helpful activities and worksheets to inject more self-care into your day. It explains what the wheel of wellness is and the benefits of the self-care wheel, with a substantial selection of self-care resources.

5. 17 Self-Compassion Exercises

If you're looking for more science-based ways to help others develop self-compassion, this collection contains [17 validated self-compassion tools for practitioners](#). Use them to help others create a kinder and more nurturing relationship with the self.

A Take-Home Message

Self-care can sometimes be cliché, but it can also be a life-saver. Finding a version of self-care that works for you, your clients, or your students can help revitalize yourself and your community in difficult times.

By reading this article, you have taken a big step forward in developing your self-care regimen. Any of the above exercises can be adapted to your individual sphere or delivered in a group setting. You can practice them yourself or teach your clients to practice them.

Remember, if you are going to teach a practice to someone, make sure you try it yourself. When you genuinely believe an exercise works, your clients will take notice and try it for themselves. Try these [self-care worksheets](#) in addition to the tools above to build a solid self-care foundation.

We hope you enjoyed reading this article. Don't forget to [download these Self-Compassion Exercises for free](#).

Best Self Care Activities for Groups

1. Self Care Group Activities Adults: Creating Affirmation Jars

Who does not like people saying nice things about you?!

In a group, write down 2-3 affirmations about the people around you. THEN, you share them!

This is a great activity to know what the people around you LOVE about you

2. Self Care Group Activities Adults: Snack Walks + Movie Night

More selfcare ideas:

Why not go to the store with a group and get some snacks?!

They don't have to be expensive. You can just walk to the dollar store or closest store to get some snacks. Then, come home and have a little movie [night](#) altogether.

3. Self Care Group Activities Adults: Create a Zen Garden

DIY Zen gardens are a fan favorite for many reasons. They are simple to make and you could also get some materials from the dollar store as well.

Pick and choose from these materials:

1. Sand (different colors are a plus!)

2. Pebbles
3. Sticks
4. Mini trees
5. Fake moss
6. Essential Oils (to add a scent)

4. Self Care Group Activities Adults: Yummy Baking

More self-care ideas:

Some great self-care activities for groups involves baking!!

If your group of friends loves baking then go to the store and find a baking box for your favorite desserts.

5. Self Care Group Activities Adults: DIY Starbucks Recipes

OMG, this is one of my favorite activities for a reason.. Usually people think of baking as a fun group self-care activities, but how about trying to make Starbucks recipes?!

If you and your friends have some favorite drinks, look up some recipes on Google and Pinterest and give it a shot!!

6. Self Care Activities for Groups Student: Boba Run

More self-care ideas:

I know not everyone likes tapioca balls, but Boba places have different options to try out.

Try a new drink with your group if you are feeling in the mood.

7. Self Care Activities for Groups Student: Mason Jar Meal Prep

So of course I have to tempt you with these brownies in a jar.. but meal prepping makes for great [self care](#) activities for groups because you have food prepped for the week.

You can make these brownies, salads, parfaits, ramen, etc.

You will love this idea if you do not like cooking by yourself. With the help of some friends, you might even have a new meal you never ate before throughout the week!!

Let Pinterest give you inspiration.

Short Self Care Activities

8. Self Care Ideas: 10 Minute Reflection & Share

If your group wants to do something quick and easy, then reflect on your day for 10 minutes.

Share what you have been feeling all day and you might be surprised what you learn.

Feel free to write some [affirmations](#) that you are proud of today.

9. Self Care Ideas and Activities: 20 Minute Group Nap

More self care activities for groups:

Who said naps were just for little kids?!

Having a quick group nap can give you a boost of energy. As an introvert myself, I HIGHLY approve.

10. Short Self Care Activities: 20 Minute Paint Your Nails

One of the best things about hanging out in a group, is that SOMEONE ELSE can paint your nails.

As a right-handed person, I seriously hate painting my hands using my LEFT HAND.

11. Short Self Care Activities: 10-15 Minute Face Mask Party

More self care activities for groups:

The perfect short self care activities involve doing barely anything. Just put on [face masks from Target](#) and have a relaxing time together watching Netflix.

Fun Self Care Activities for Groups

12. Crafts for Adults: Origami Kits

If you love making crafts and getting creative, then origami kits like [this one](#) are a great way to go.

You will be able to learn who in your group is the most creative and teach each other how to make a leaping frog.

Looking for more calming crafts for adults such as this one? Check this post here!

13. Virtual Self-Care Activities: The “Best Friend Update Presentation”

More fun self care activities:

The Best Friend Presentation is great for when you want to share important things going on in your life, but you are STUCK AT HOME!!

Everyone makes a fun 5-minute presentation about their own life updates, and you present.

It is insanely better than the presentations for school FOR SURE.

14. Virtual Self-Care Activities: Dance Workout Together

If you and your friends/family hate exercising alone (or period..) try dance workouts together!

They are fun, healthy and give you something to do together online.

15. Ideas for Student Groups: Make a Self-Care Kit or Stress Relief Kit

More fun self care activities:

How about make your own stress relief kits together as an activity?!

You can add your favorite lip balms, journals, or anything you all can think of!

If you don't want to make a stress relief kit and just want to buy one, look here:

Therapeutic Group Activities for Adults

16. Therapeutic Art Activities: Find On Etsy

Whoever loves arts and crafts, needs to try therapy art!

Feel free to find your favorites on Etsy or Amazon.

17. Group Therapy Activities for Adults: Write and Throw

More therapeutic group activities:

Sometimes groups get together to just rant about their day. How about just having a quick vent session and throwing out what you wrote for stress relief.

It is ultimately your group's choice to share or not to share!

18. Wellness Activities: Try Stretching to Fun Yoga

If you are the type of person to not like yoga, maybe try fun yoga!?

19. Mental Health Group Activities: Create a Comfort Box

More therapeutic group activities:

Comfort boxes are meant to give you comfort and be your go-to box for all things happiness, warmth, fuzziness, and everything good about the world.

Gather your group together at your favorite store and add things to start making your comfort box. Wonderfully, a comfort box can help improve you and your group's mental health while you are together, or once you go back home.

Finally, with these last self care activities for groups, our list is done!

If you enjoy any of these activities, let me know!