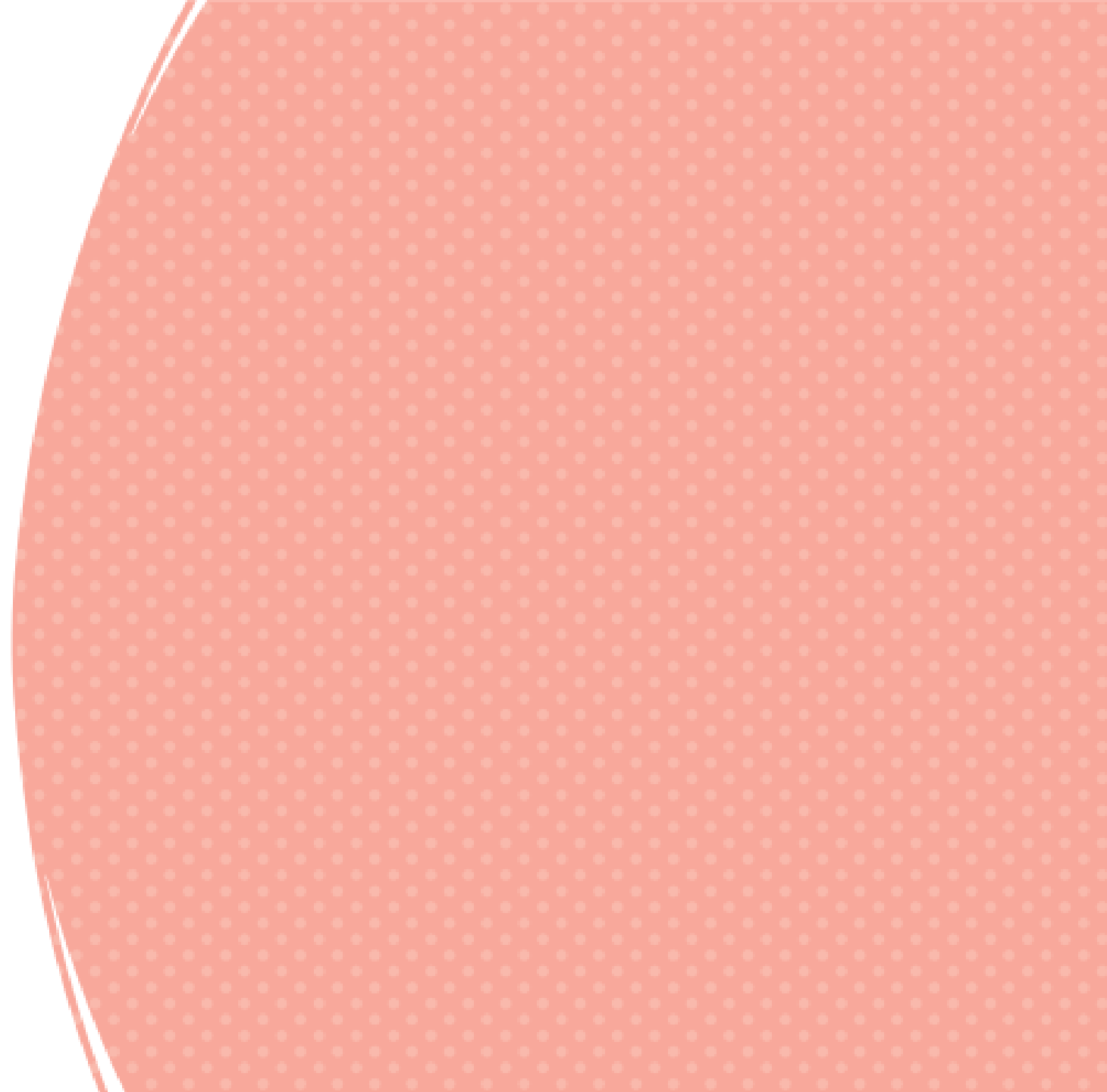


Self- Care



Story Time

What is self-care?

Self-care means taking care of yourself in all these different ways.

Your Mind

Your Soul

Your Body

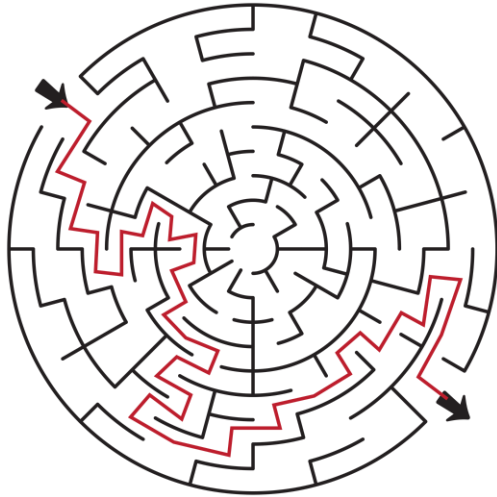
Take small steps...

- ✓ Try going to bed early so you can be well rested
- ✓ Try reading a book for twenty minutes everyday for a whole week
- ✓ Go play outside with someone that you haven't seen for awhile
- ✓ Get creative and make up a new game using only things that you find outside.
- ✓ Go to your favorite places
- ✓ Write down all of the things that make you happy. Now you have a list to read when you are feeling down.

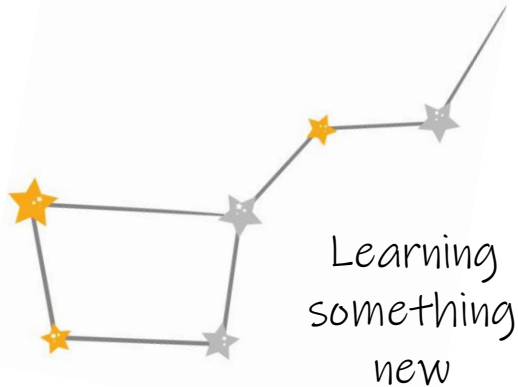
Activity

Your Mind

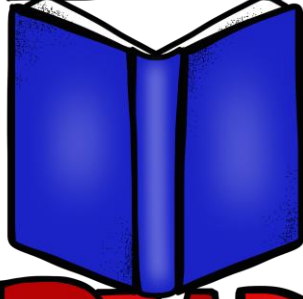
Puzzles



IMAGINE



Learning something new

LET'S

READ



Create Something

Home

Your Body



Play
A Sport



Play
Alone



Build
Something



Play With a
Friend



Home

Your Soul

(A way to express your emotions)

Art

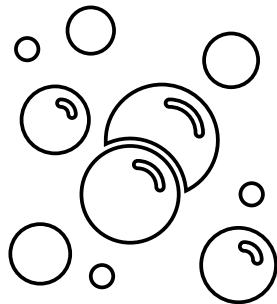


Sing



Dance

Blow
Bubbles



Listen
To
Music

Home



schoolbellcounselor

TIPS FROM A SCHOOL COUNSELOR

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