
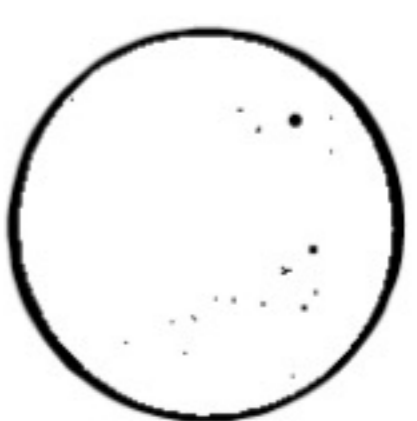
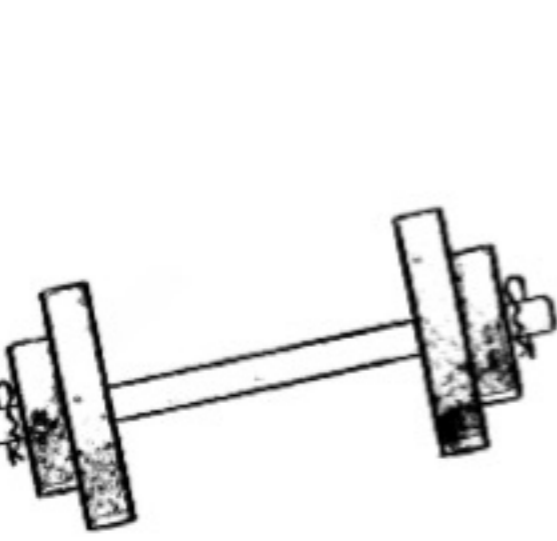
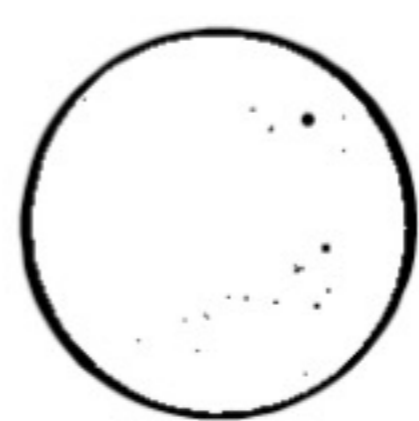

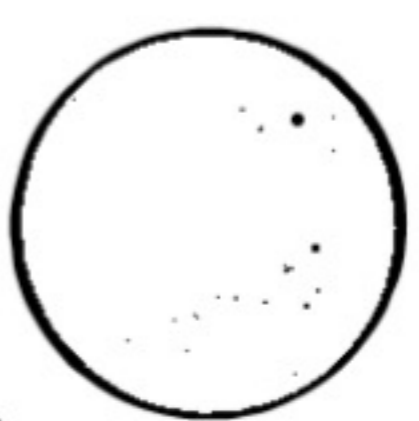

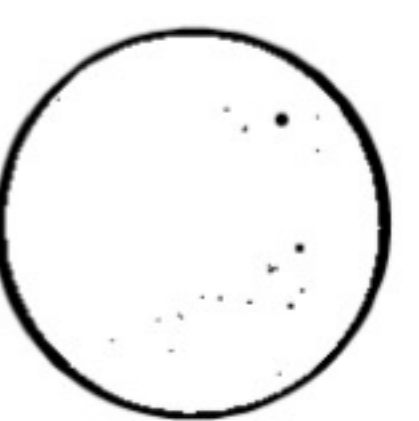
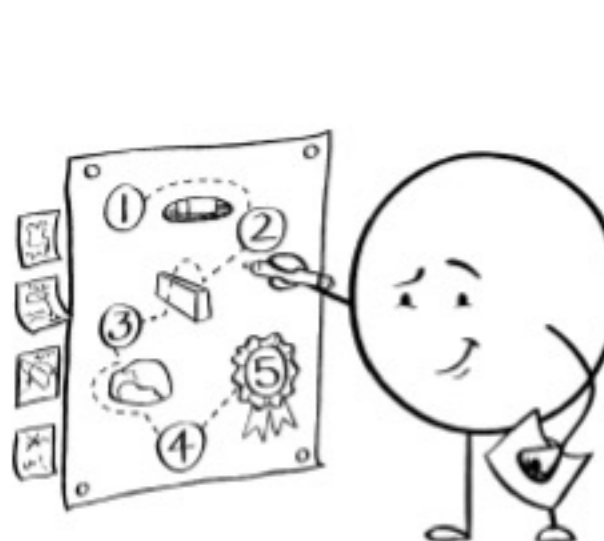
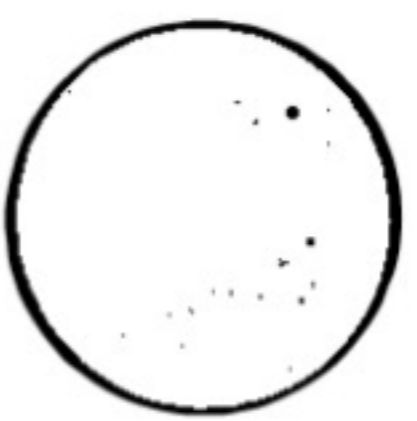
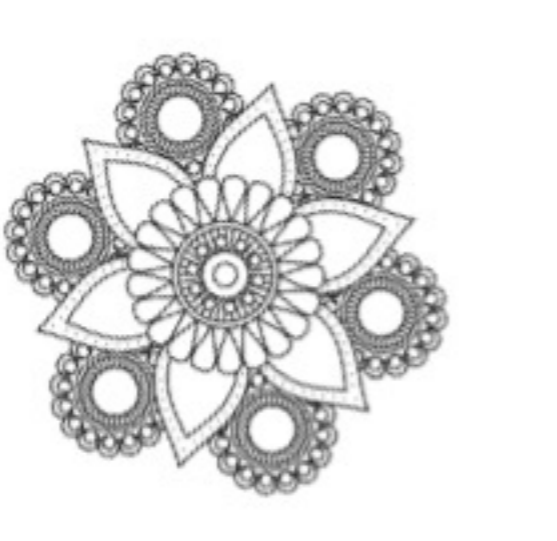
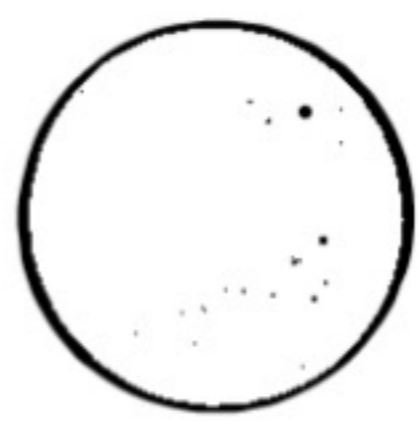

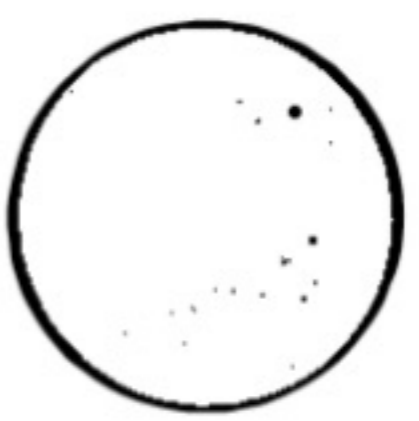

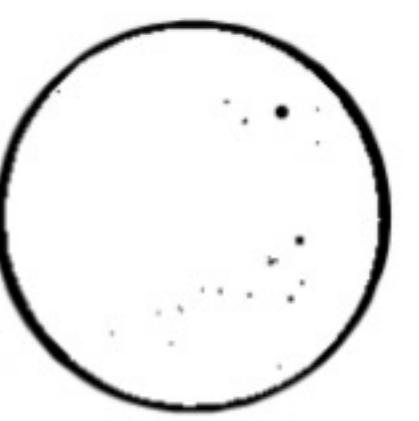
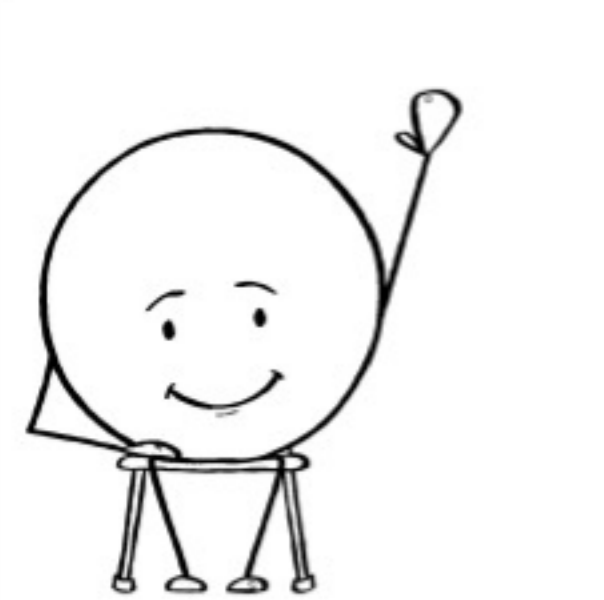
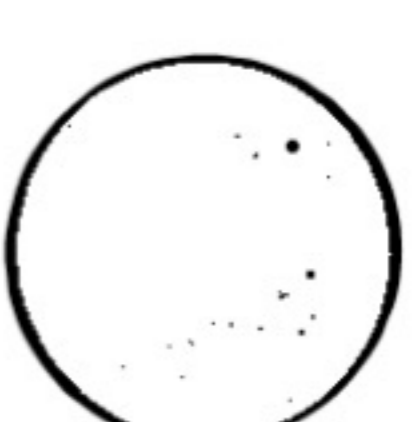
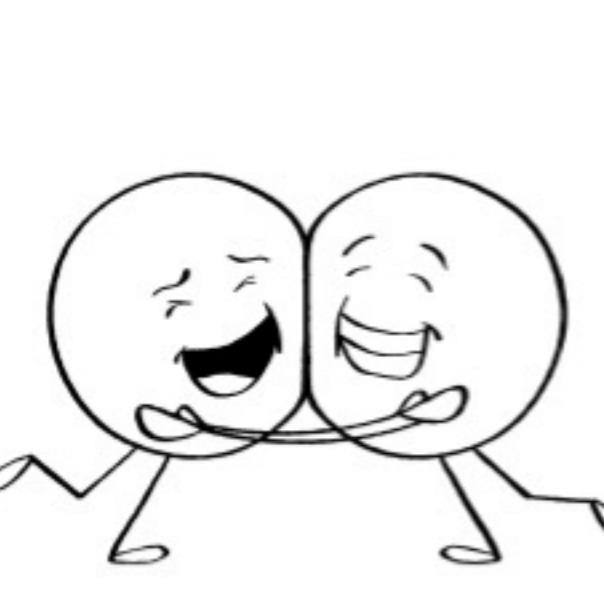
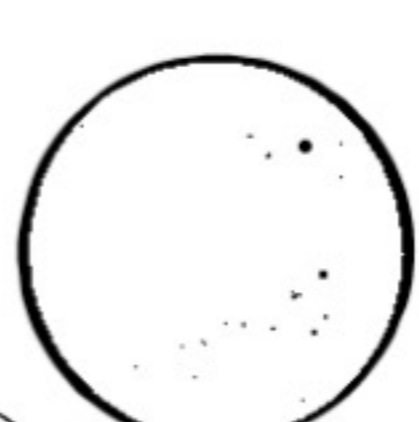
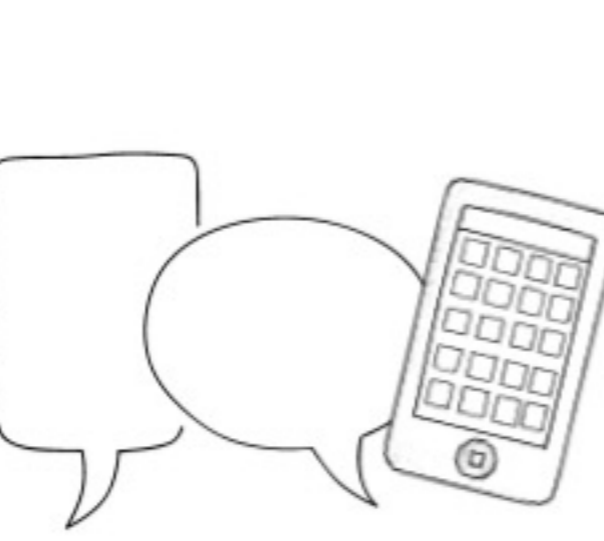
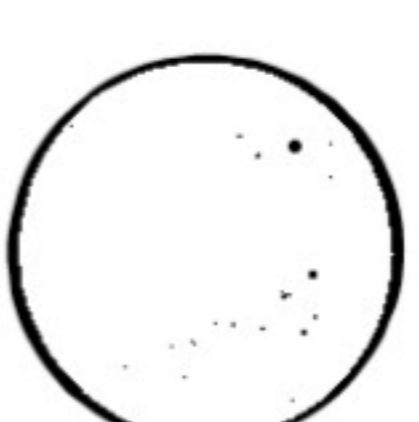

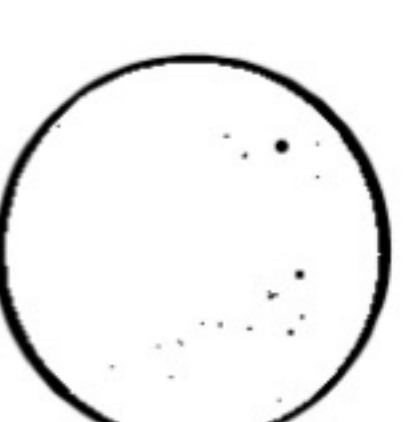


# self careCHECK IN

Name: \_\_\_\_\_

Draw check by the things you do **every day** to take care of yourself. Draw a star by the things you do a **few times a week** to take care of yourself.

Date: \_\_\_\_\_

  <p>Clean my body &amp; teeth</p>	  <p>Exercise my body</p>	  <p>Eat healthy foods &amp; drink water</p>	  <p>Getting enough rest</p>
  <p>Set &amp; reach for goals</p>	  <p>Be creative</p>	  <p>Write in a journal</p>	  <p>Listen to or create music</p>
  <p>Ask for help</p>	  <p>Spend time with loved ones</p>	  <p>Have conversations</p>	  <p>Play together</p>

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# self careREFLECTION

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**How do you think you are doing with your self care habits right now?**



Not so great



Pretty well



Great!

**In which area do you think you're doing really well with your self care?**



Mental & emotional



Physical



Social

**In which area do you think you can improve your self care?**



Mental & emotional



Physical



Social

**Do you need any help developing self care practices?**

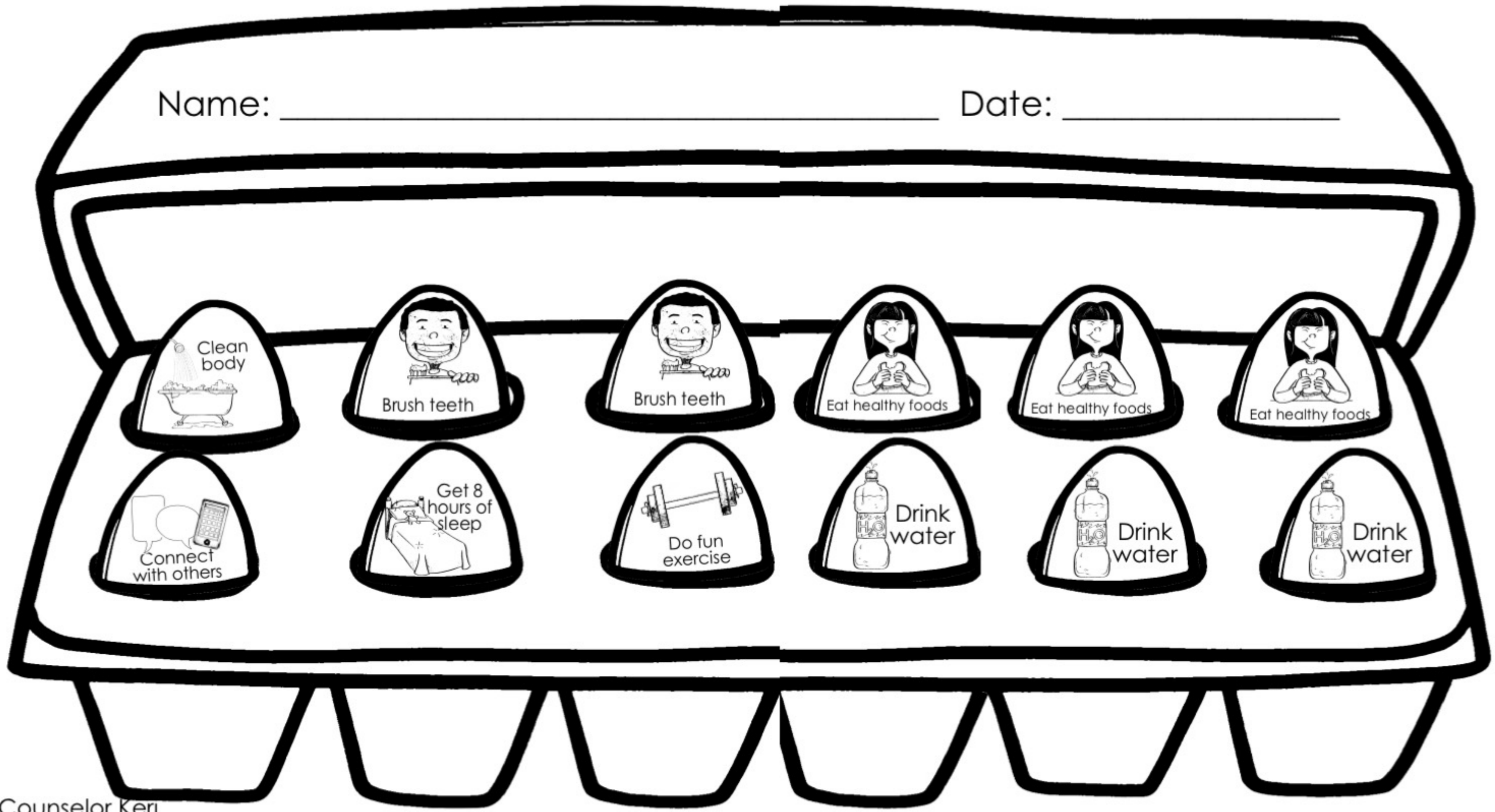
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# self care DAILY DOZEN

As you complete each self care activity, color the egg in the carton! Try to fill your carton each day with self care eggs.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

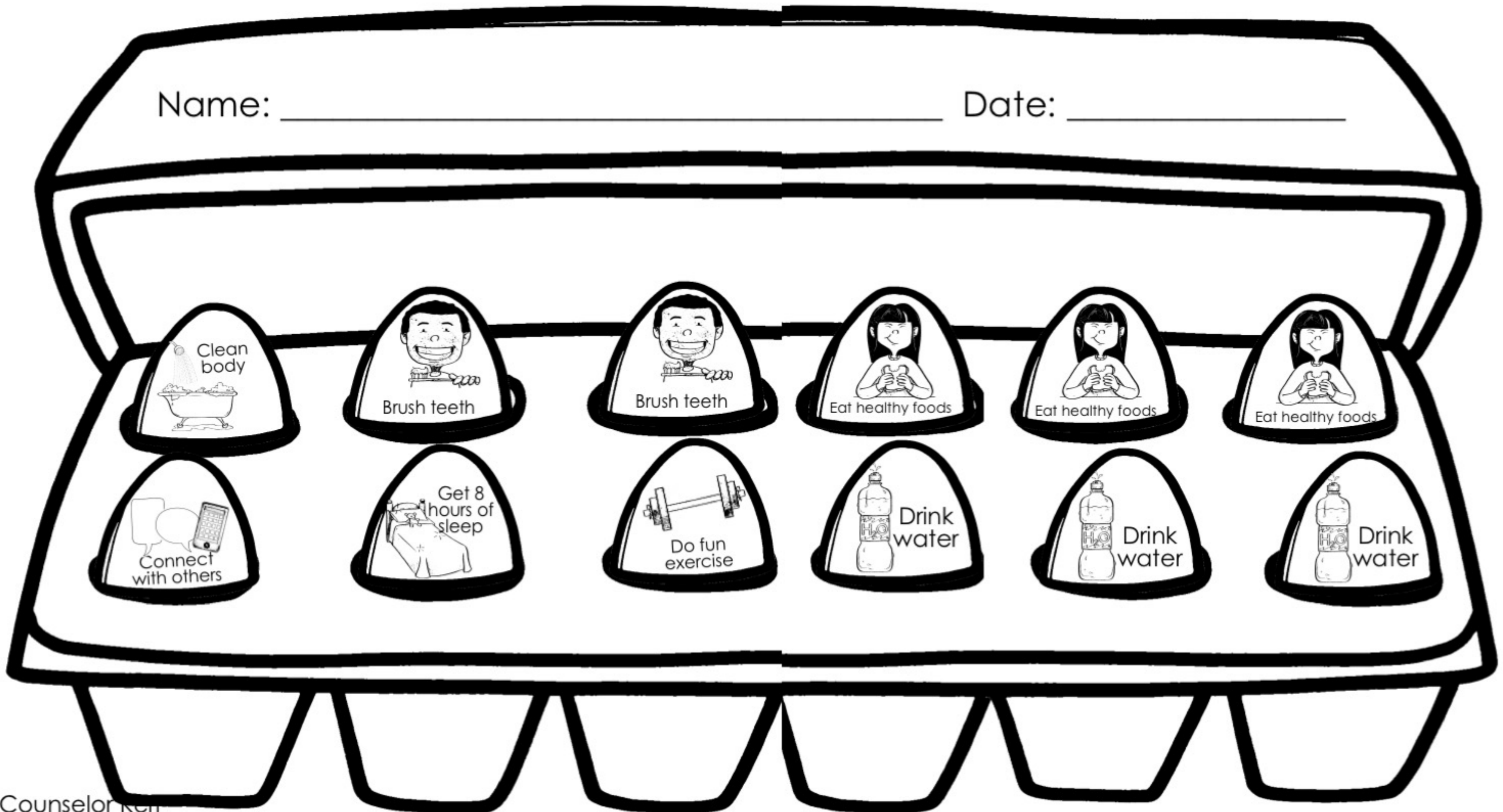


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# self care DAILY DOZEN

As you complete each self care activity, color the egg in the carton! Try to fill your carton each day with self care eggs.

Name: \_\_\_\_\_ Date: \_\_\_\_\_



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