

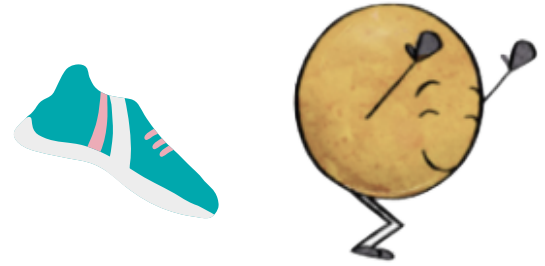
# My Self-Care Plan:

Directions: Draw a picture of something you can do to take care of yourself emotionally and physically right now:



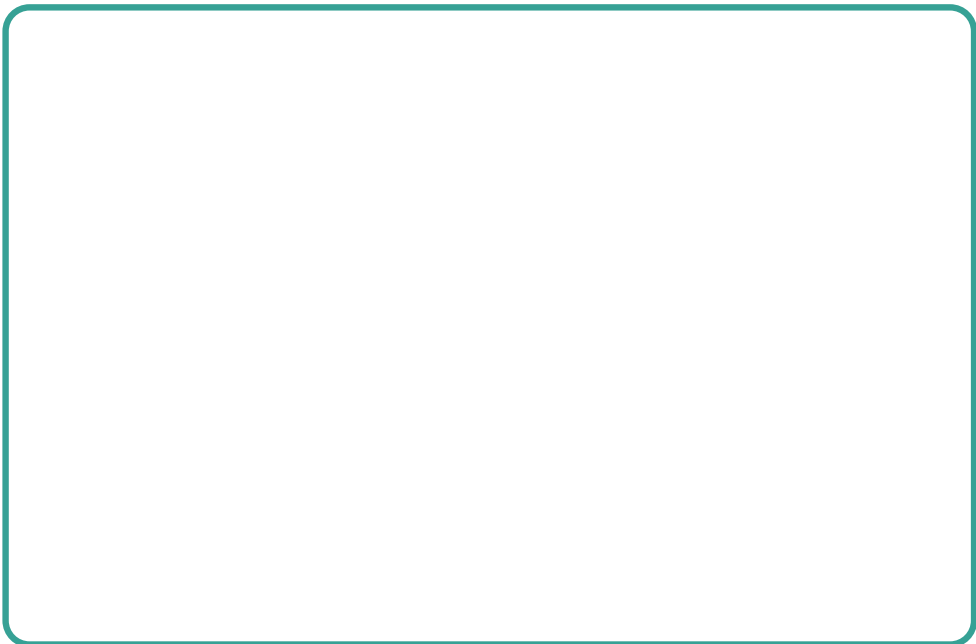
Picture of me doing something that I enjoy that is

**PHYSICAL**



Picture of me doing something that I enjoy that makes me feel better:

**EMOTIONAL**



# Self-Care Ideas:

## PHYSICAL

- Build a fort
- Go for a walk with an adult
- Have a dance party
- Play with a pet
- Do some jumping jacks
- Try some stretching exercises
- Play hide and seek with your family
- Go on a nature walk with an adult
- Make an obstacle course and have fun!

## EMOTIONAL

- Try your favorite breathing tool
- Close your eyes and think of your favorite memory
- Draw a picture for someone
- Do something kind for someone in your house
- Smile and tell yourself one (or more) awesome things about yourself!
- Give your stuffed animal a hug