

Taking Care of Myself



Reading a book



Watch a movie or show



Play with your pet



Take in deep breaths



Dance



Take a nap



Do some cooking or baking



Sing



Do some Art



Write in your journal



Take a bath



Do a self pamper treatment



Spend time with friends



Spend time with family



Play a game



Exercise

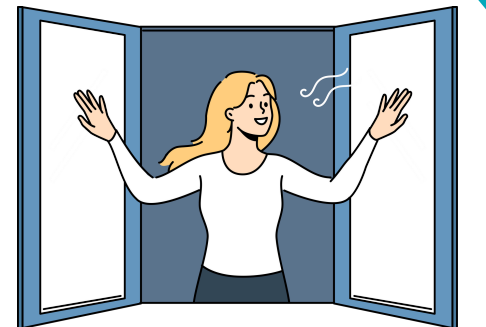
Taking Care of Myself



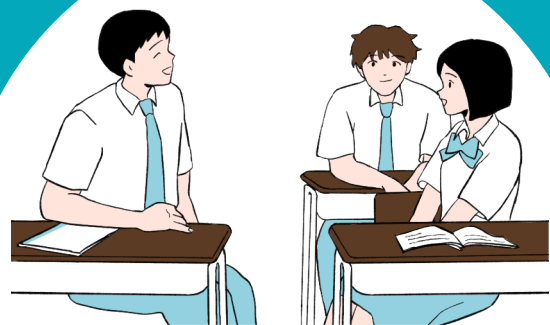
Play an instrument



Take a walk



Get fresh air



Express your feelings

MY
ALONE
TIME

Have some alone time



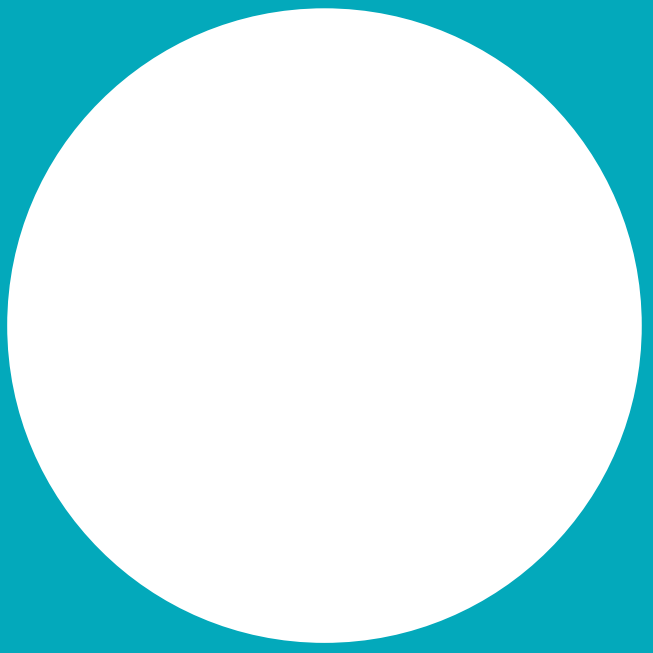
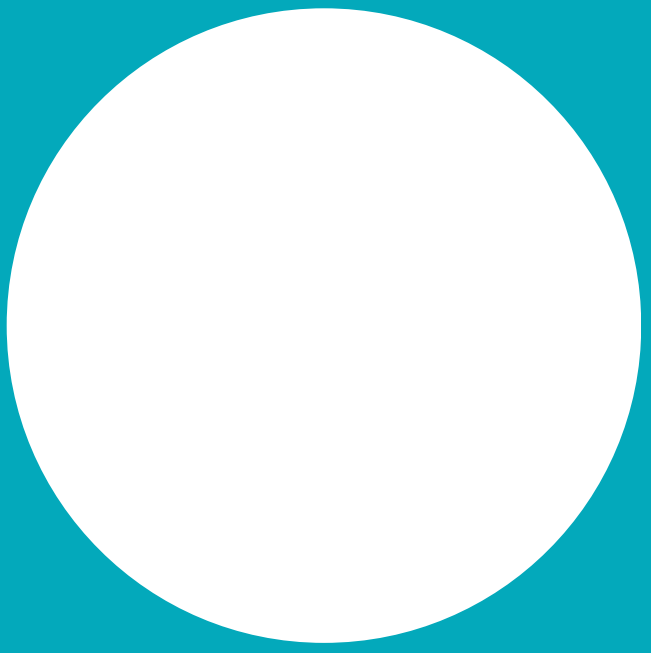
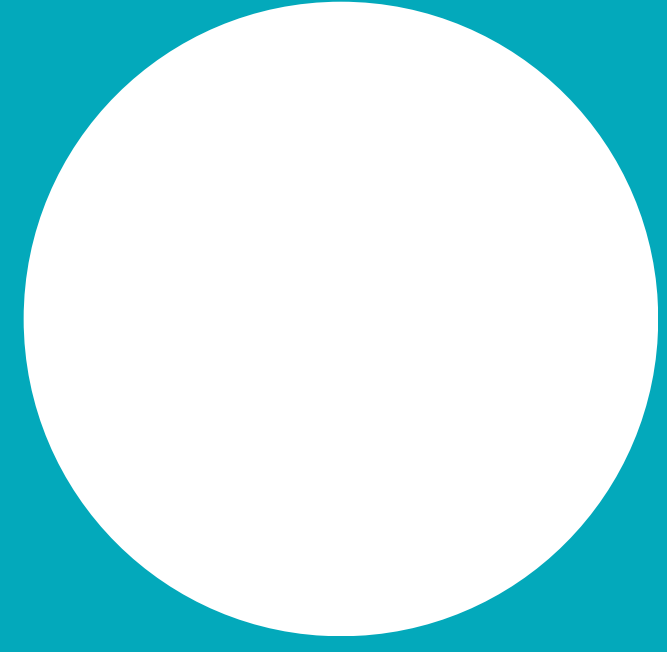
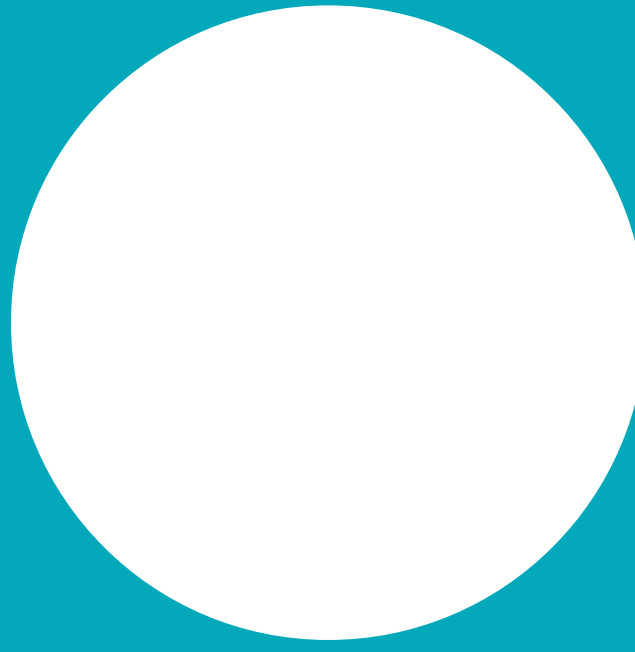
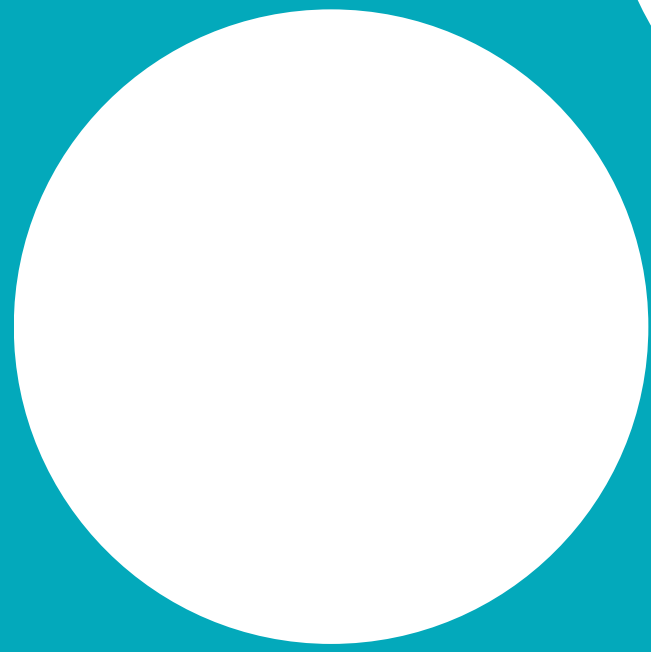
Listen to music



Eat some snacks



Explore nature



Can you think of any you would like to add in the blanks?