

Self-Care Activity

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NOTE: CLIENTS CAN USE THESE CARDS TO WRITE DOWN SELF-CARE ACTIVITIES. THEY CAN PUT THEIR CARDS IN A JAR AND PICK ONE A WEEK (TO ENSURE THEY PRACTICE SELF-CARE ON A WEEKLY BASIS).

EXAMPLE OF A CARD BELOW:



# CREDITS



[SARAH PECORINO ILLUSTRATION](#)

-THANK YOU FOR THE WATERCOLOR LABELS!



[PAULA KIM STUDIO](#)

-THANK YOU FOR THE CLIPART!



[CREATIVE CLIPS BY KRISTA WALLDEN](#)

-THANK YOU FOR THE CLIPART!



[BUSY BEE STUDIO](#)

-THANK YOU FOR THE FLOWER!



[DANDY DOODLES](#)

-THANK YOU FOR THE CLIPART!

[JOHANA ZEGARRA](#)

-THANK YOU FOR THE WATERING CAN!



[EDUCLIPS](#)

-THANK YOU FOR THE CLIPART!