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:

Self-Care Activity

Go to the beach
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!