



Self-Care Activity



















Self-Care Activity







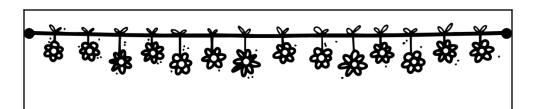


Self-Care Activity

SELF-CARE ACTIVITY









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SELF-CARE ACTIVITY	Self-Care Activity

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!

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