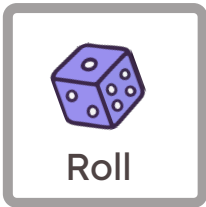




Self Care Challenge

Instructions



1 Self Care: Comfort

 Weighted Blanket	 Hug a Plushie
 Hug	 Massage
 Quiet	 Warm

2 Self Care: Refresh

 Wash face	 Brush hair
 Clip nails	 Lotion
 Clean 1 thing	 Brush teeth

3 Self Care: Refuel

 Drink water	 Drink a sour drink
 Drink a sweet drink	 Eat a sweet thing
 Eat a sour thing	 Eat a salty thing

4 Self Care: Move

 Stretch	 Walk
 Dance	 Push a wall
 Run in place	 Jump in place

5 Self Care: Joy

 Bubbles	 Fidget toy
 Music	 Draw
 Play-doh	 Sand

6 Self Care: Choice

 Cold drink	 Brush hair
 Hug	 Stretch
 Color	 Mint