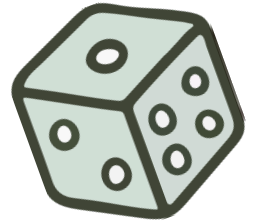




Self Care Challenge



Roll a 6 sided die and do the matching self-care category. The options listed are suggestions, have fun!

1

Comfort

- ♥ Change outfits
- ♥ Wrap yourself in a blanket
- ♥ Hug something soft
- ♥ Show or bathe
- ♥ Brush your hair
- ♥ Massage

2

Move

- ♥ Walk outside
- ♥ Dance
- ♥ Yoga or tai chi
- ♥ Go to a store
- ♥ Visit a loved one
- ♥ Make something

3

Refuel

- ♥ Drink water
- ♥ Drink a sweet or sour drink
- ♥ Eat a salty snack
- ♥ Eat a meal
- ♥ Eat a sweet
- ♥ Feed a pet

4

Joy

- ♥ A hobby
- ♥ Write down a dream
- ♥ Sing a song
- ♥ Read a joke
- ♥ Watch a comedy
- ♥ Call a friend

5

Refresh

- ♥ Clean something
- ♥ Wash your face
- ♥ Throw something away
- ♥ Change rooms
- ♥ Clip nails
- ♥ Put on lotion

6

Choice

- ♥ Pick something YOU want to do for yourself

