

My Self Care Plan

Aim to do 3 self-care activities on a daily basis

Ways to stay physically active are:

Ideas or ways I can be helpful to others:

Trusted adults I can talk to:

Positive things about me:

Healthy food that is good for my body:

Things I am grateful for:

Ways to stay connected to others:

Ideas to relax my body and mind:

Healthy activities I enjoy: