



My Self Care Plan

I can exercise my body by...

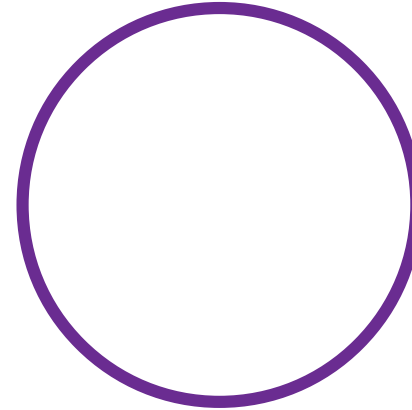
I can be a good friend by...

Important people who I trust...

I can relax my body and mind by...

This is me

Draw a picture of you in the circle



I can keep myself clean and tidy by...

I can make myself happy by...

My hopes and dreams...

I can eat healthy foods...