## Self-Care Activities



Exercise or Dance



Write a story

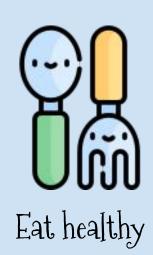


Call family & friends



Draw or Color







Create or Grow something

Copyright & Sourced from Flaticon



Have a daily routine/schedule



Get enough sleep