

Fill in this card with your own self-care ideas!

* SELF CARE ADVENTURE CARD

These activities help me look after my brain and body

Four empty white circles connected by a horizontal line, intended for writing self-care ideas.

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* SELF CARE ADVENTURE CARD

These activities help me look after my brain and body

Four white circles containing self-care activities, connected by a horizontal line:

- One-on-one time
- Watch the clouds
- Have a bubble bath
- Cosmic yoga

Four white circles containing self-care activities, connected by a horizontal line:

- Dance break
- Listen to music
- Colour in
- Read a book