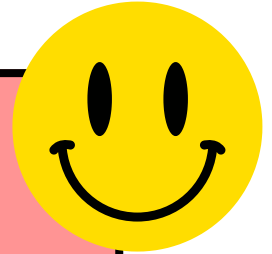


# VALENTINE'S DAY SELF-CARE

I can show myself self-care by...

making a positive affirmation that I can repeat to myself throughout the day;



spending time with my friends or family;



reflecting on three things I love about myself;

planning a relaxing evening, thinking about what I would like to eat, watch, read or listen to;



trying out a new recipe or bake;

doing something kind for someone else, e.g. making dinner, making them a small gift or spending time with them;



spending time crafting, sewing, painting or drawing;

making plans for the future, finding new clubs, hobbies, places or experiences to try;



spending time doing something that makes me laugh.

