

Kids' Self-Care Cards

■ ■	Take three slow breaths
■ ■	Draw how you feel
■	Stretch like a tall tree
■	Have a big drink of water
■	Give yourself a hug
■	Shake your wiggles out
■	Think of one happy memory
■	Wrap up in a cozy blanket
■	Blow pretend bubbles
♥ ■	Write or say one thing you love about yourself
■	Listen to your favourite song
■	Sit quietly and count to ten