



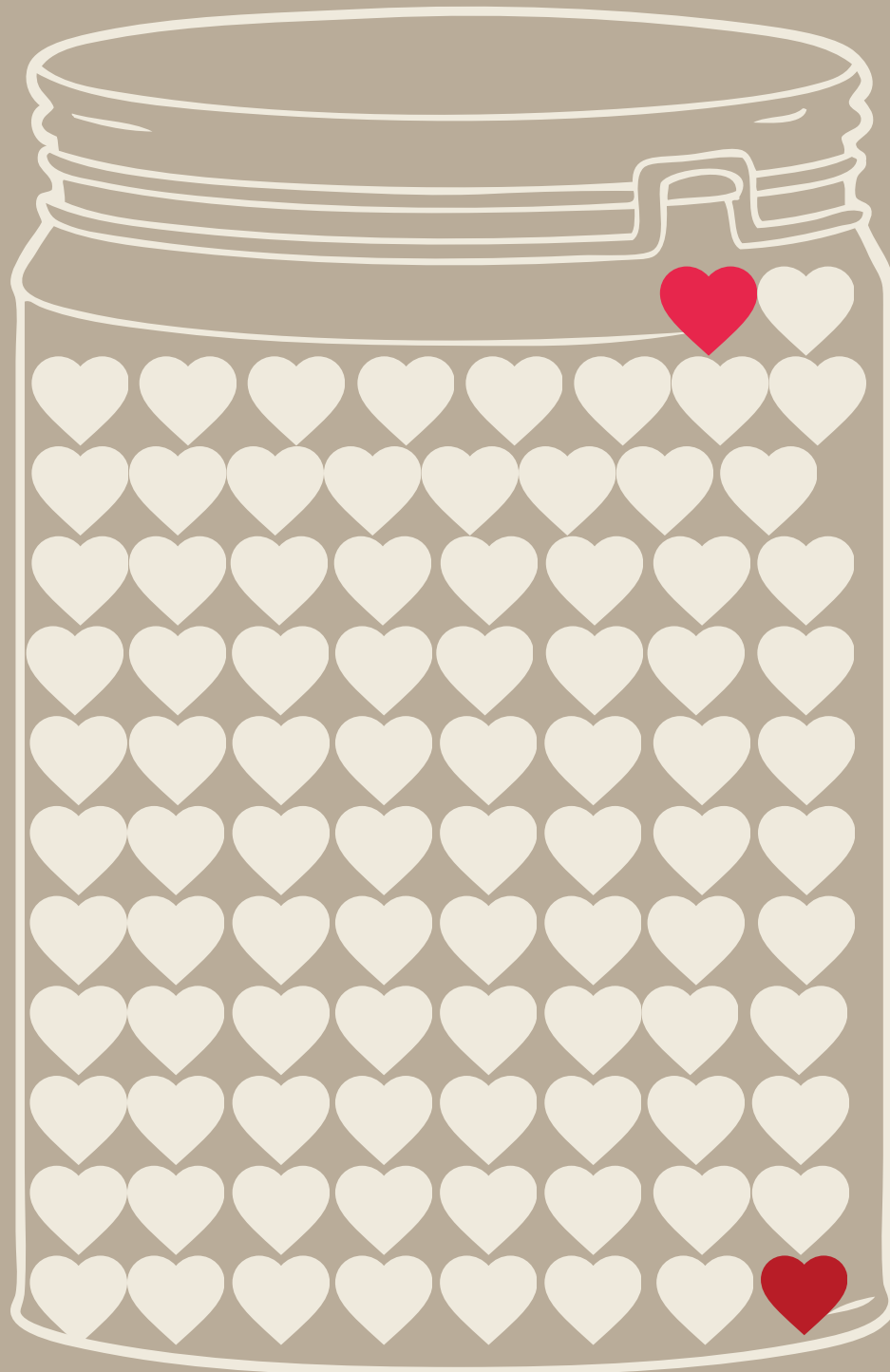
[Introduce self-care to your children]

# SELF-CARE CHALLENGES

**90 HEARTS**

1 heart =

1 caring  
act



Let's  
celebrate!

Start Date:

End Date:

How to celebrate:

REASONS FOR SELF-CARE:

## Instructions:

1. Talk about self-care, its importance and give examples (i.e. maintain personal hygiene, eat healthy food, release unpleasant emotions and replace with pleasant ones before bed, self-affirmation...etc)
2. Invite your child to set the motive(s) of self-care (i.e. I want to take care of myself, so that...)
3. Ask to commit to do 1-3 actions daily and self-recognize the achievement by colouring the heart
4. Pre-set 'how to celebrate' together at the beginning
5. At the end, celebrate achievement planned and make a reflection on the journey! (How did you like this self-love journey? What did you learn? Which self-care action did you enjoy the most?)