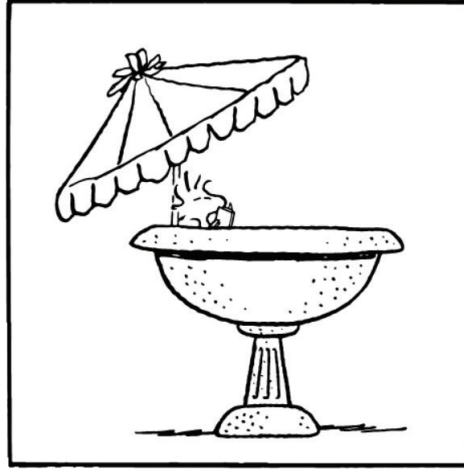


# TAKE CARE OF YOURSELF

**Part 1:** Look at what Snoopy and Woodstock are doing. Describe what you see.



Think about ways you can take care of yourself. Unscramble the underlined words and then re-arrange the words into self-care sentences.

1. edra a good kobo: \_\_\_\_\_
2. apn a teka: \_\_\_\_\_
3. awlk go a fro: \_\_\_\_\_
4. lamify kabe your with or koco: \_\_\_\_\_
5. play with a maeg your afmily: \_\_\_\_\_

**Part 2:** Choose your favorite self-care activity. Write about what it is and why you enjoy it. Then write a recommendation to others to try your idea. Explain why they might like it.

**My favorite self-care activity:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**I recommend you try it!** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



**Families,** talk about how you each care for yourselves in different ways. How can you help support each other? For example, maybe take turns doing activities you each like, or give each other quiet time to read a book or relax.