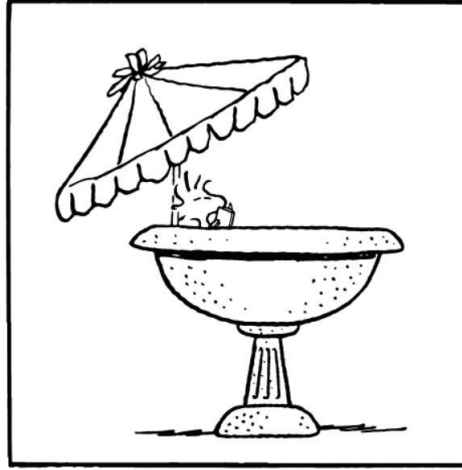


TAKE CARE OF YOURSELF

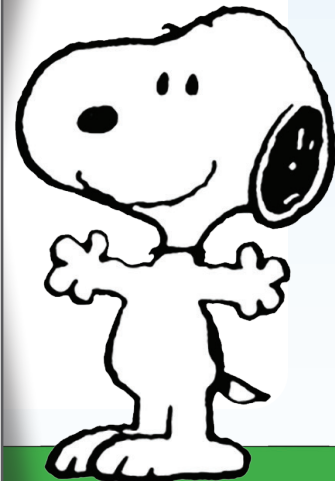
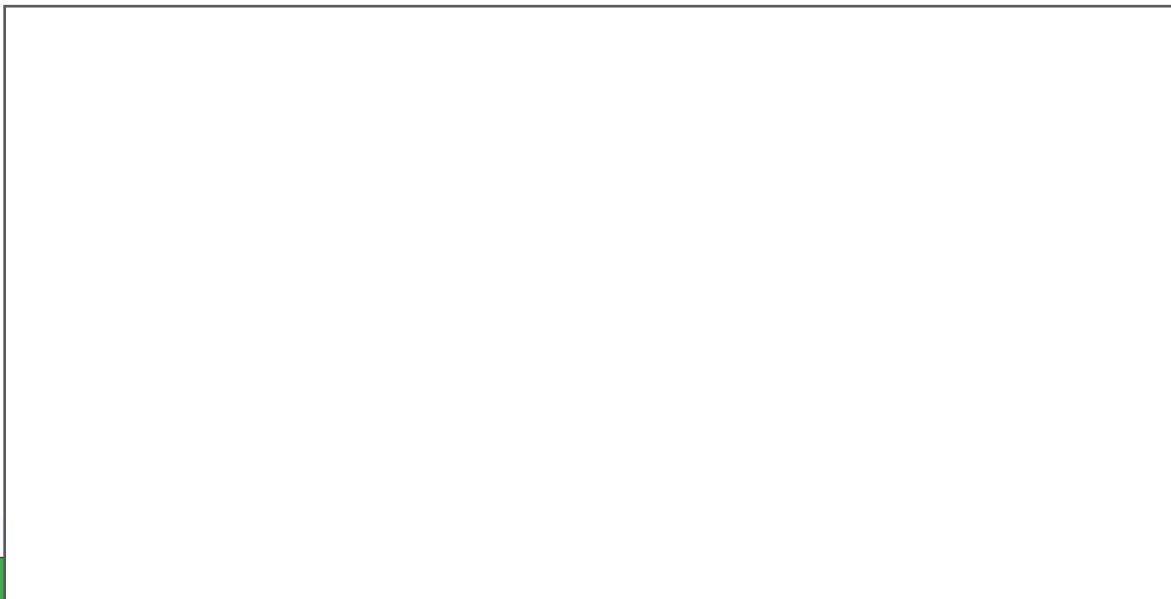
Part 1: Look at what Snoopy and Woodstock are doing. Describe what you see.



Think about ways you can take care of yourself. Unscramble these sentences and write them correctly on the lines.

1. Read book good a. _____
2. nap a Take. _____
3. walk Go a for. _____
4. your with cook or family Bake. _____
5. game with a Play your family. _____

Part 2: Draw a picture of yourself doing your favorite “take care of yourself” activity!



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.