










**USE THE CODE TO COLOUR A BALL IN FOR EACH SELF CARE IDEA YOU DO**

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|------------------------|---|---------------------------|---|---------------------|---|
| ATE FRUIT & VEGGIES    |  | PLAYED OUTSIDE            |    | READ A BOOK         |  |
| DID YOGA OR MEDITATION |  | DID A BOARDGAME OR PUZZLE |  | EXERCISED           |  |
| DANCED TO MUSIC        |  | WROTE IN A JOURNAL        |   | PLAYED WITH FRIENDS |  |