

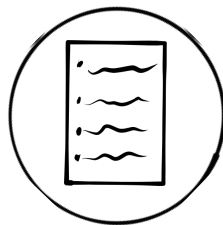
Be kind to yourself with some
SELF CARE

MENU OF STRATEGIES

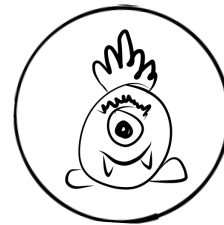
Feeling down?
Try one of these!



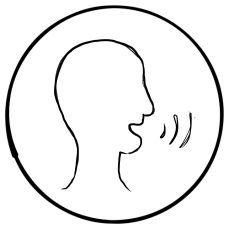
Listen to a favorite song.



Make a list of things you are thankful for.



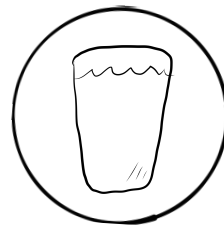
Draw a silly picture or cartoon.



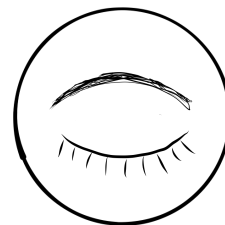
Talk things out with a friend or trusted adult.



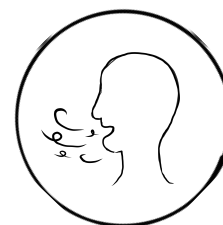
Do something nice for someone.



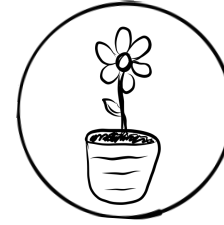
Get a drink of water.



Close your eyes and picture a safe space.



Take some deep breaths, in through your mouth out through your nose.



Remember that **I believe in you.**