Self Care

1. Noun _____

2. Noun _____

3. Adjective _____

4. Verb Base Form _____

5. Verb Base Form _____

6. Verb Present Ends In Ing _____

7. Exclamation _____

8. Number _____

9. Number _____

10. Verb Base Form _____

11. Noun _____

12. Adjective _____

13. Noun _____

14. Adjective _____

15. Number _____

Self Care

Once upon a time, there was a [_____Noun_____], and that [_____Noun_____] was feeling a bit [_____Adjective_____].

What can I do to feel better, they asked themselves. "I have tried to [_____Verb Base Form_____], I tried to [

_____Verb Base Form_____], and yesterday I even tried _____Verb Present ends in ING_____ []!"

[_____Exclamation_____], maybe today I could try something new! I could do [_____number_____] breathing exercises,

they thought. Or maybe I could do [_____number_____] [_____Verb Base Form_____]!

They tried and tried, but none of these seemed to help. They knew they couldn't give up, they were determined to

find something that worked for them.

What about a walk in the [_____Noun_____]?

Why not try writing in my [_____Adjective_____][_____Noun_____]?

Or maybe find time to laugh at something [_____Adjective_____].

A smile came across their face because they felt a bit lighter and knew they did something good for themselves.

"I didn't give up and I found the best self-care for me" they said to themselves.

"If one thing doesn't work, I'll just try something new!" they thought.

"It might not always be easy, but I'll try [_____number_____] different things and eventually I will find one that

works for me."