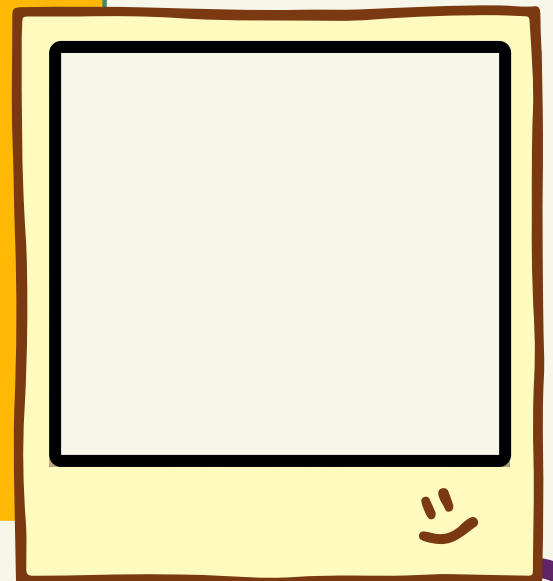
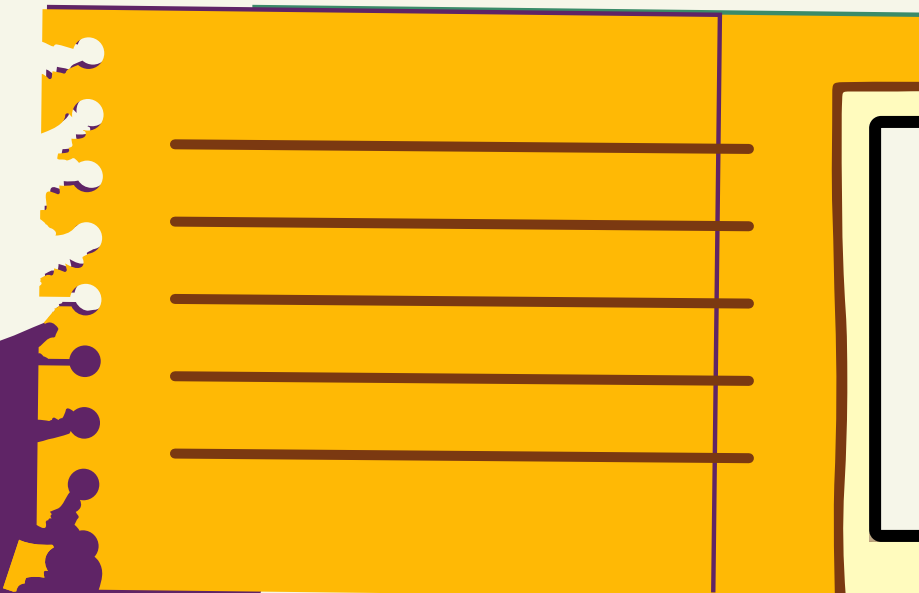
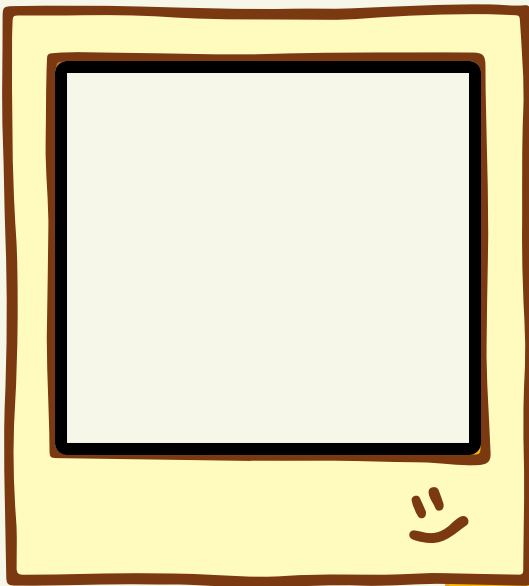


Name : \_\_\_\_\_ Date : \_\_\_\_\_

# My Day of Self-Kindness and Happiness

Think of the top 4 activities that you want to do on your ultimate self-care day. Draw each activity in its own box, then write your description of that activity on the lines.

Enjoy!



# My Day of Self-Kindness and Happiness

