

# SELF CARE WORKS

Motherhood Through My Eyes

How are you feeling today?

- Today has been a good/bad day for me because...

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- I was excited to...

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- I had the opportunity to...

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- I didn't expect to...

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# SELF CARE WORD SEARCH

Look for the words listed below.

C A N S A N R U A  
L S B W E E P E H  
E H T I T C A L L  
A E N A U E A U T  
N L W R I T E D N  
R E S T O T S E F  
C T L B E A C H U  
K A K A V E S C N  
P D D A N C E S E

Clean

Walk

Fun

Water

Write

Call

Schedule

Eat

Dance

Swim

Rest

Date

MOTHERHOOD THROUGH MY EYES

# TYPES OF SELF CARE

PHYSICAL

SOCIAL

EMOTIONAL

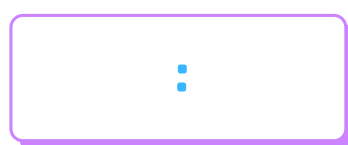
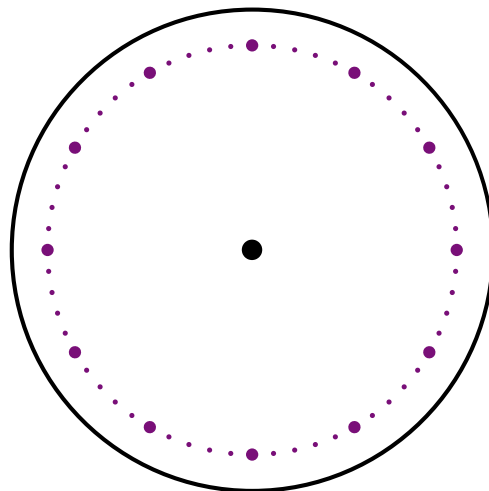
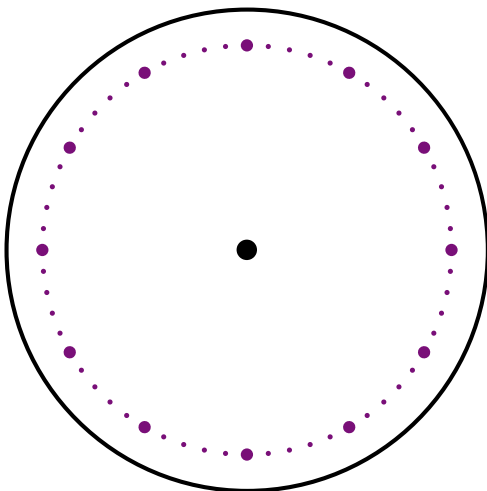
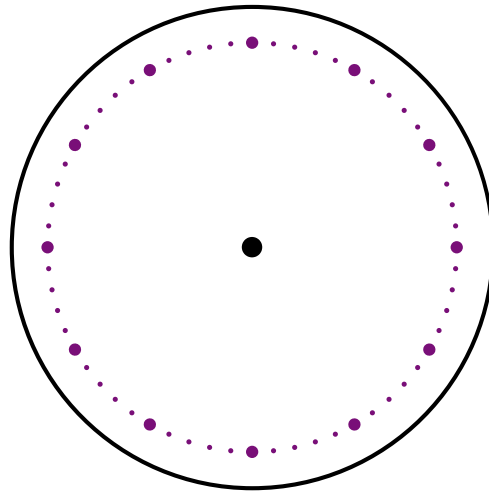
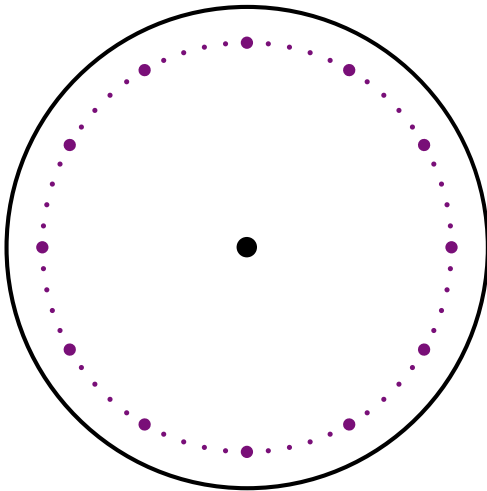
MENTAL

MOTHERHOOD THROUGH MY EYES

# SCHEDULE TIME

Setting up time for self care is important. Not only for yourself but those around you as well.

Use these clocks to help pencil in self care for you and your family.



# Self Care Activities For Kids

Ask the kids the following questions and help each other make time for self care activities throughout the week.

**WHAT ARE SOME ACTIVITIES YOU ENJOY DOING ALONE?**

**WHAT ACTIVITIES WOULD YOU LIKE TO TRY AS A GROUP?**

**HOW OFTEN WOULD YOU LIKE TO DO THESE ACTIVITIES?**

Use the back of this page to create a weekly schedule together.