

My self care plan

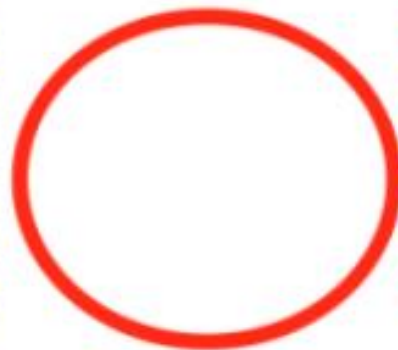


I can exercise my body by...

I can be a good friend by ...

Important people
Who I trust

This is me



I can relax my body and mind by...

I can keep myself clean and tidy by...

I can make myself happy by...

My hopes and dreams...

I can eat healthy foods...