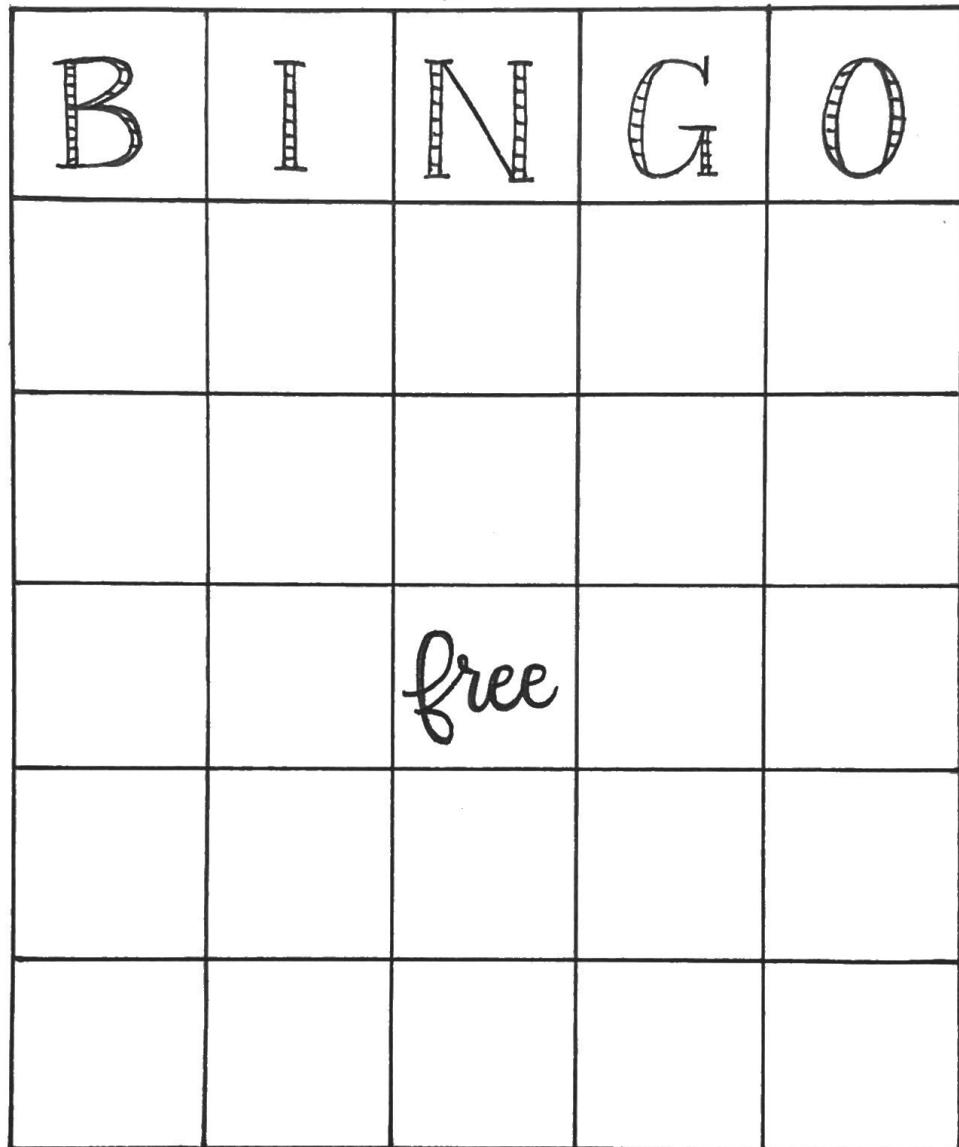


# Self Care



## Directions:

WRITE AN IDEA FOR SELF-CARE IN EACH SQUARE, ASK "YOUR PEOPLE" TO DO THE SAME ON THEIR OWN PAGE :: MARK OFF A SQUARE EACH TIME YOU COMPLETE ONE :: FIRST ONE TO GET BINGO WINS !!

Celebrate Together!