

# Counselor's Toolbox for Self-Care

You Can Do It!



Keep a Positive Attitude

LAUGH



Have a Good Laugh

PLAY OUTSIDE



Play Outside



Play a Sport



Sing, Dance, Listen to Music



Have a Mindful Minute

I'm Flexible



Try Some Yoga



Draw a Picture

DEEP BREATH



Take Deep Breaths

YOU'VE GOT THIS



Use Positive Self-Talk



Try Journaling



Read a Book

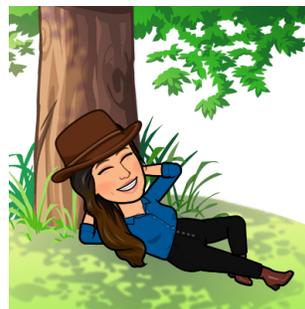


Face Time/Zoom with Grandparents

CAN WE TALK



Talk to a Friend



Take a Nap



Go for a Walk