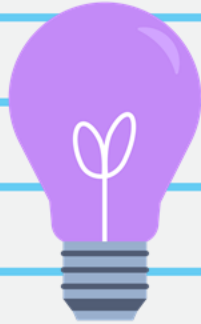


Let's Collab!



Have students (or adults) color in each raindrop once they complete the self-care task. You can make it a competition or have a fun prize for when they complete all the raindrops to encourage participation.



Color in a raindrop when you complete the self-care task.



Do something fun.

Go for a walk.

Take a break.

Do some deep, slow breathing.

Call a friend.

Listen to music.

Exercise

Take a bath/ shower.

Talk to a trusted person.

Tell yourself a positive phrase or mantra.

Rest/ take a nap.

Go outside/in nature.

Drink water.

Hug someone.

Do one of your hobbies.

Write, draw, or color.

Meditate/ quiet reflection.

Do a kind act.

SELF-CARE CHALLENGE

COUNSELOR Collab

with Laura & Ashley

[Ashley's TpT Store](#)

[Ashley's Instagram](#)

[Ashley's Website](#)

[Laura's TpT Store](#)

[Laura's Instagram](#)

[Laura's Website](#)



Counselor Collab on Instagram

Counselor Collab on Facebook

Counselor Collab Members-Only Facebook Group

Laura & Ashley



lauraashley@counselorcollab.com

CREDITS



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