

Self Care Badge

Choose 2 activities to complete

- Start a gratitude journal
- Read inspiring quotes
- Watch a funny movie. (laughter is the best medicine)
- Try a meditation or prayer
- Make a list of all the things that make you happy
- Watch a sunset
- Blow bubbles and be silly
- Color or paint
- Play with a pet
- Unplug from your phone and take a walk
- Try a new exercise routine
- Write a letter to your future self
- Have a solo dance party to your favorite songs
- Get 8-9 hours of sleep a night

