



SELF-CARE CUPBOARD

It's important to be kind to yourself as well as those around you to keep yourself healthy and happy.

- Fill in the shelves and doors inside the cupboard.
- Fold over along the dotted lines to close the outer
← cupboard doors and keep its contents safe. →
- The next time you're feeling a little blue, be kind and open your Self-Care Cupboard to remind yourself of ways to brighten your day..



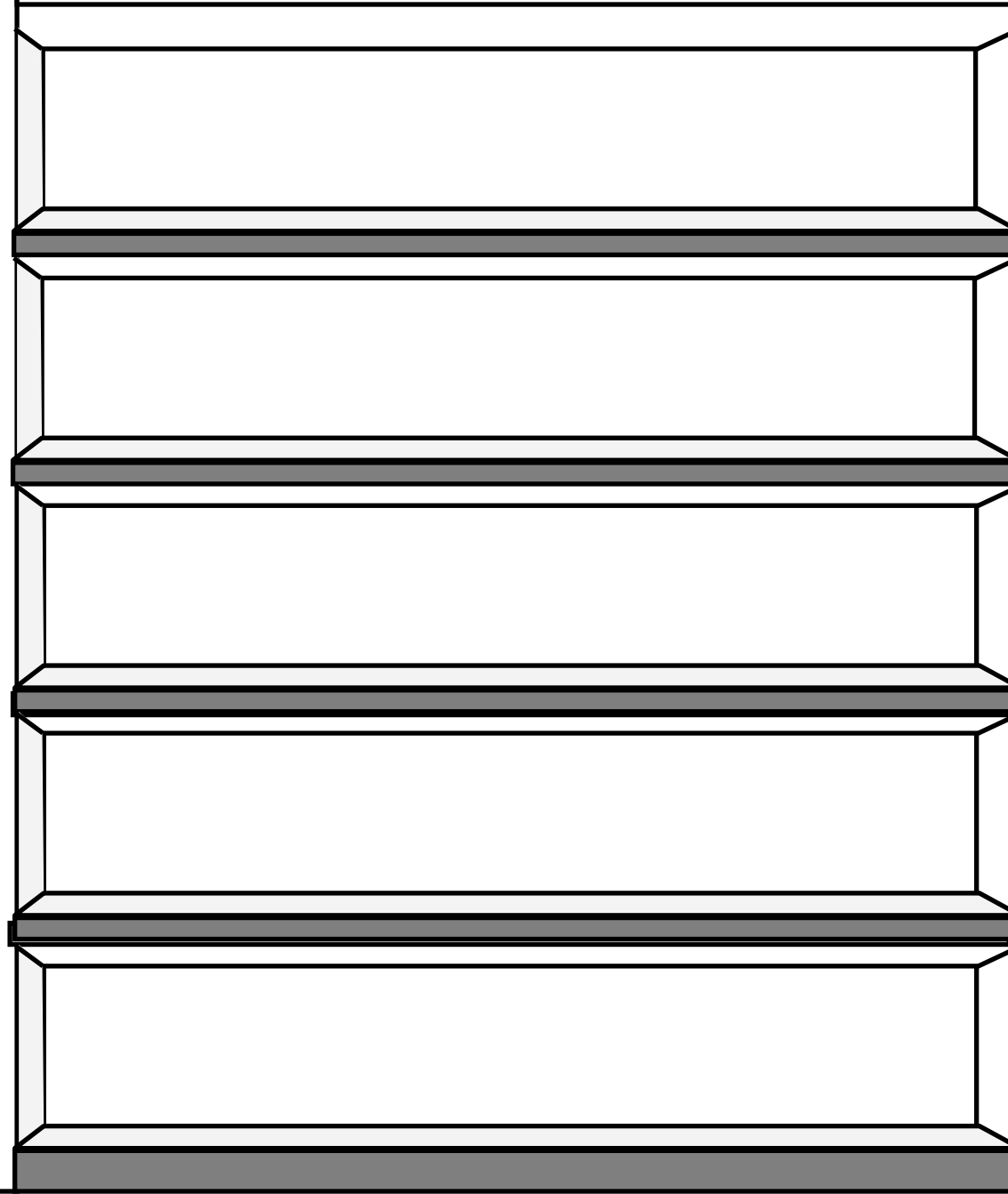
NAME

**I AM THE BEST
THERE WILL EVER
BE AT BEING ME**

Draw a picture of
yourself in the mirror.

SELF-CARE CUPBOARD

Write or draw something simple on the back of each
shelf you enjoy doing that makes you feel happy.



Graffiti inside this door
things you like about you.