## **Self-Care Medallion**

SAMPLE

NAME:

Think about the three circles in the self-care medallion. What are three ways you can practice self-care in each category of the medallion?

STAYIN' HAPPY

KEEPIN' FIT

LEEPIN' CLEAN

Brush my teeth each night

Wash my hands before eating

I WILL KNOW I AM PRACTICING SELF-CARE BECAUSE I WILL FEEL:

Sump rope at recess

SELF-CARE MEDALLIONS: MEDALLION HANDOUT, EXAMPLE

simile at others

Drive mar

bowt tell my

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NAME:

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STAYIN' HAPPY

KEEPIN' FIT

LEEPIN' CLEAN

I WILL KNOW I AM PRACTICING SELF-CARE BECAUSE I WILL FEEL:

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