

Name _____

Date _____

Taking Care of "Self"

DIRECTIONS

In each section, draw or write a way in which you take care of your mind, body, and heart. Use a brad to fasten a paper arrow or a paperclip to use as a spinner. When you are done, take a turn and spin, and then spend a few minutes following the tip you suggested for yourself! Share your spinners with friends and family members too.

