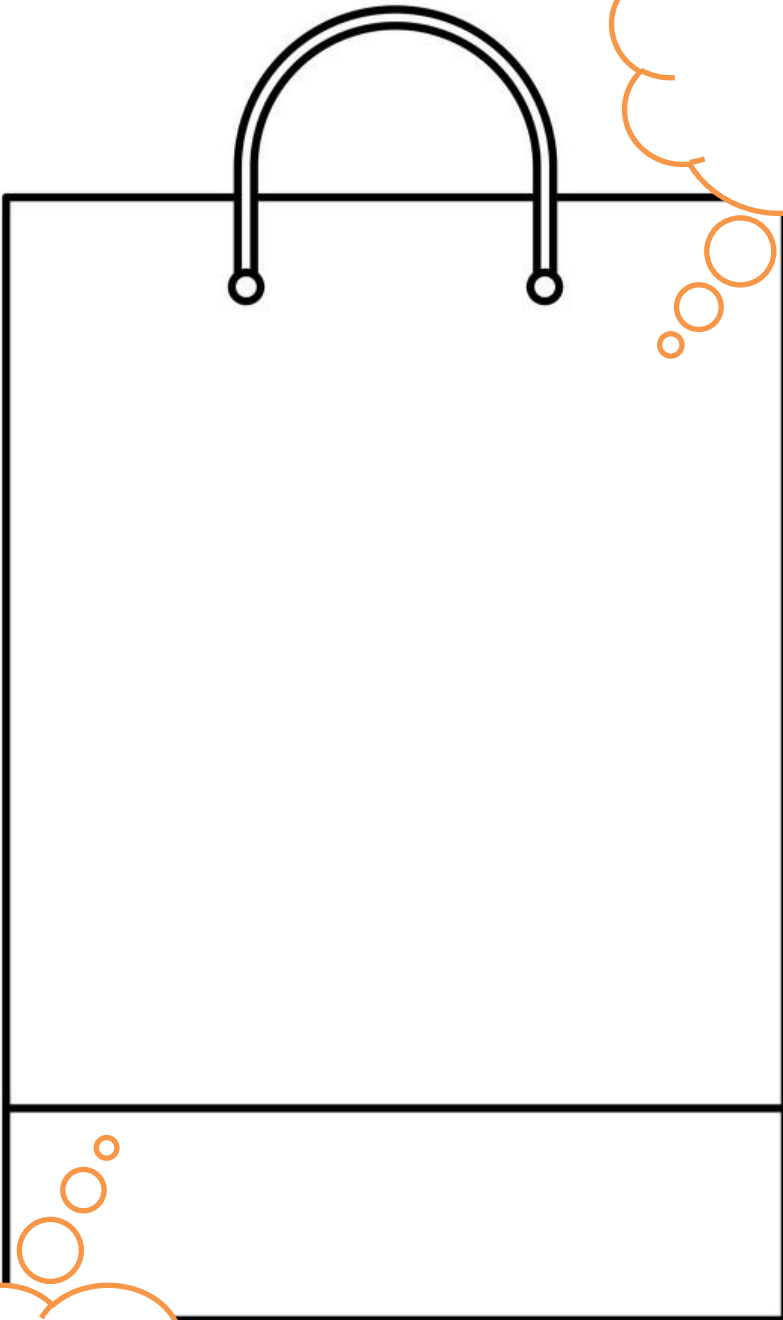


What is going to go into your self-care bag? Write or draw below anything that you would use for your own self-care and why it means something to you.



Examples for your self-care bag could be something you like the;
Taste of
Smell of
Feel of
Look of

On some cards you could write a;
A positive memory
The name of someone you love
Your favourite song
Pictures of family, friends etc.