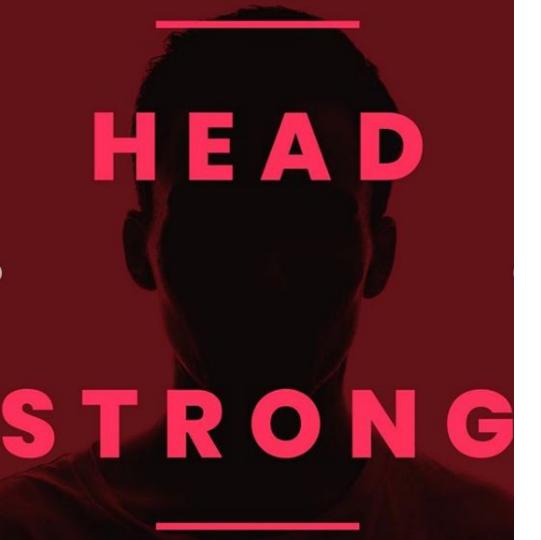
https://www.youtube.com/watch?v=Fp2b9QiTl44



Headstrong

Week 2

Self-care

YOU CAN'T POUR FROM AN Empty Cup.
TAKE CARE OF YOURSELF





ME THINK

ENJOYING a HOT DRINK

SINGING

ALONG to YOUR

FAVOURITE

SONG



self care bingo



TOOK A LONG SHOWER OR BATH	WORE AN OUTFIT THAT MAKES ME FEEL SASSY	CAUGHT UP WITH A CLOSE FRIEND	PRACTICED GRATITUDE	FELT THE GRASS On My Bare Feet
EXERCISED	READ MY BOOK UNINTERUPPTED	TREATED MYSELF TO SOMETHING I LOVE	TOOK A SOCIAL MEDIA BREAK	COMPLIMENTED SOMEONE
PLANNED MY AT Home retreat	MEDITATED	ENJOYED A Pasttime	ASKED FOR HELP	WROTE IN MY JOURNAL
SAID YES	GOT 8 HOURS OF SLEEP	CURATED A VISION BOARD	DECLUTTERED My Space	HAD A NAP IN THE MIDDLE OF THE DAY
TOOK A MENTAL HEALTH DAY	COOKED MY FAVOURITE MEAL	SAID NO	CREATED A FEEL- GOOD PLAYLIST	WENT FOR A LONG WALK

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Personal Pledge and form challenge

There are 2 parts to our challenge this week.

- As a form, make a list of all of the things you could try for self-care over the next week - this should help give everyone some ideas of things your could try.
- Each form member needs to make a pledge to themself of at least one thing they are going to do as self-care this week.
- 3. Can you hold each other accountable? Check that people are doing things to look after themselves, including your form tutors!

