



TAKE CARE OF **YOURSELF**

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TAKE CARE OF YOUR **BODY**



Eat regular, healthy meals.



Move, play, & sweat daily.



Keep your body hydrated.



Practice good hygiene.

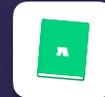


Get a good night's sleep.

TAKE CARE OF YOUR **MIND**



Learn something new.



Find healthy distractions.



Practice relaxation skills.



Build a daily routine.



Name & share your feelings.

TAKE CARE OF YOUR **HEART**



Spend quality family time.



Play, dance, be silly.



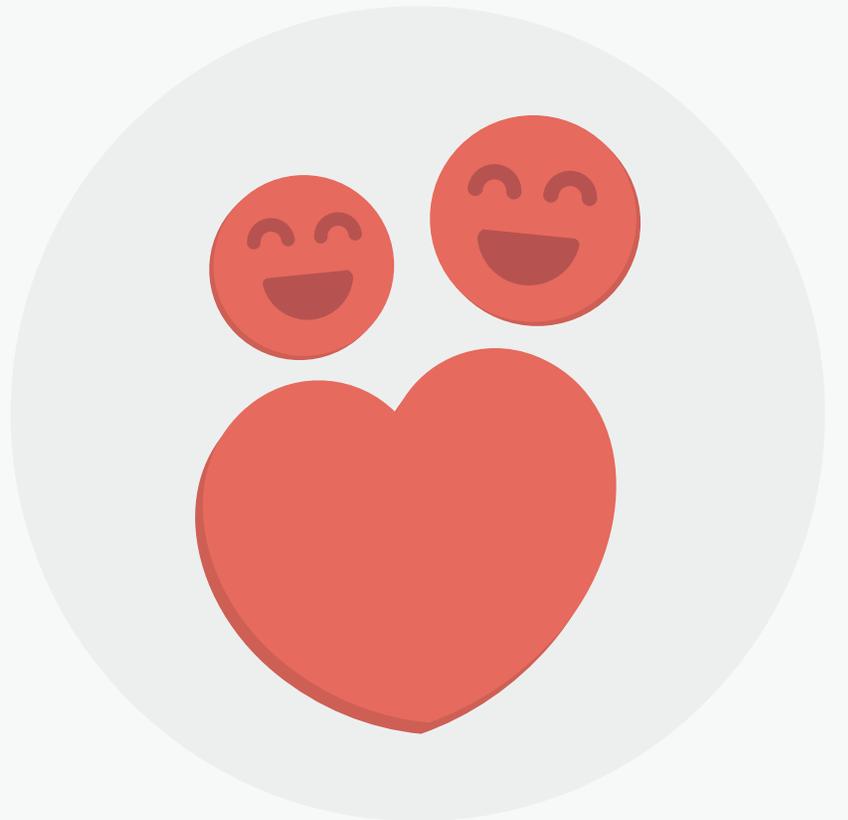
Stay in touch with friends.



Be proud of yourself.



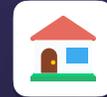
Find new adventures.



TAKE CARE OF **EACH OTHER**

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TAKE CARE BY STAYING **HOME**



Staying at home can help save lives.



When possible, avoid large gatherings.



Remind each other to get some fresh air!

TAKE CARE BY STAYING **SAFE**



Wash your hands frequently for 20 seconds at a time.



Avoid high-risk play that could lead to getting injured.



Taking care of yourself means being able to care for others.

TAKE CARE BY BEING **PRESENT**



Practice being a good listener for your family.



Don't let distractions let you grow distant from each other.



Remember to practice gratitude for all of the little things.

